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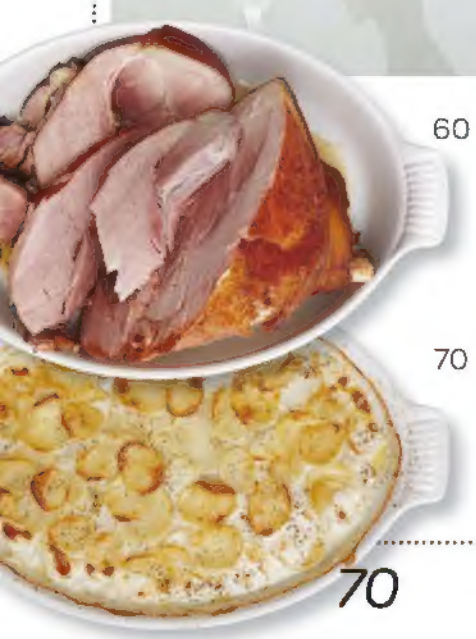

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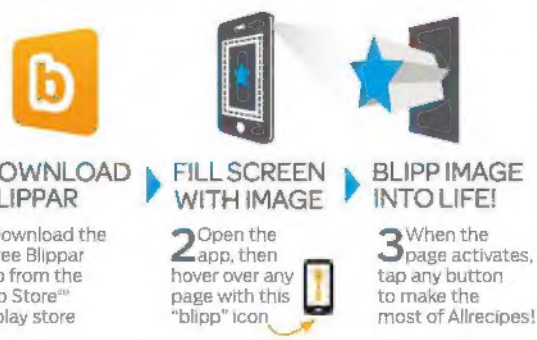
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1/3 cup plain dry bread crumbs
1/4 cup finely chopped onion
1/4 cup grated Parmesan cheese
1 egg, lightly beaten
1/4 teaspoon ground black pepper

DIRECTIONS:

1. **PREHEAT** oven to 375°F. Mix ingredients just until blended.
2. **SHAPE** into 12 (2-inch) meatballs; place in single layer in a lightly greased shallow baking pan.
3. **BAKE** 15 minutes or until done (160°F).

PREP TIME: 15 min. **COOK TIME:** 15 min.
COOK'S TIP: Stir cooked meatballs into sauce. Serve over pasta.

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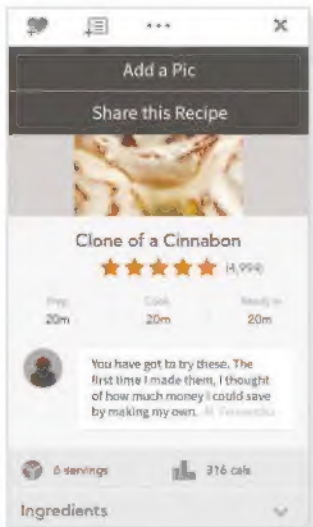
LETTER FROM ALLRECIPES

NEW STUFF FOR THE NEW YEAR! While the magazine team was having a blast creating pages of cookies, candies, and holiday dishes for this issue, our digital colleagues were hard at work on some cool new things on Allrecipes.com and our mobile site that you need to see:

Whether you're a seasoned cook or a newbie, the online **Allrecipes Cooking School** (armagazine.com/cooking-school) can help you brush up on basics or walk you through a more complicated technique. For $15, you can take any one of 13 courses—ranging from classic sauces to baking to making stocks—each with four to six parts that include a demonstration video, quizzes, step-by-step cooking guides, discussion boards, and related recipes.

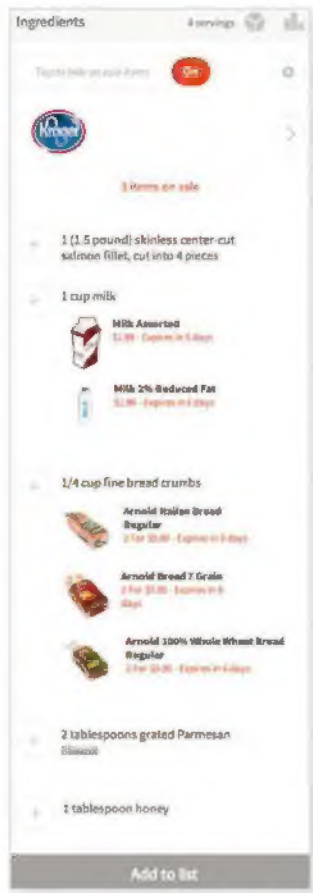
Allrecipes.com's **new social page, #MyAllrecipes** (social.allrecipes.com), serves up what's new and what's trending on Allrecipes' social channels. So instead of having to visit Facebook, Pinterest, Instagram, Tumblr, or YouTube individually, you can get new ideas and inspiration all in one place. Plus, when you tag your food photos #MyAllrecipes, you have a chance to be featured here!

Pull out your phone and check out the **improvements to both our mobile site** and **Dinner Spinner app** that make finding great recipes on the go even easier. The updated designs serve up more photos, staff recipe recommendations, and videos. And recipes can now be sorted by popularity, dish type, ingredient, and cooking method—just like on the main site. You've got seamless access across phone, tablet, and PC to your recipe-box recipes and saved shopping lists.



And, finally, speaking of your shopping list: Now you can see what ingredients are on sale at the stores in your area! When you pull up a recipe, **you'll see local sales and specials** just to the right of the ingredient list, so you can tally up grocery savings while you decide what's for dinner.

Happy eating!
YOUR ALLRECIPEEPS


Ingredients
4 servings
1 (1.5 pound) skinless center-cut salmon fillet, cut into 4 pieces
1 cup milk
1/4 cup fine bread crumbs
2 tablespoons grated Parmesan
1 tablespoon honey
Add to list

RECIPE INDEX

All of the recipes in this magazine and on our website come from cooks just like you—and since Allrecipes is the biggest recipe site in the world, there are lots to choose from! The star ratings and reviews are also from your peers, people who made the recipes and posted their comments and suggestions. If you'd like to submit a recipe to be considered for publication, go to armagazine.com/submitrecipe

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HIDDEN GEM

What's a hidden gem? These are the recipes that may not yet have a lot of stars or reviews but deserve your attention. We know you don't always have time to sift through pages of search results, so the editors do the digging for you, unearthing, well, hidden gems!

- **Gluten-free** = Contains no wheat, rye, or barley (or products such as bread or pasta that typically contain or are processed with those grains). Products vary by brand; always check ingredient labels to avoid hidden sources of gluten.
- **MyPlate** = In line with U.S. Department of Agriculture healthy eating guidelines, based on a 2,000-calorie-per-day diet that emphasizes produce, lean protein, whole grains, and calcium-rich ingredients, and minimizes added fats, sugar, and sodium.
- **Vegan** = Contains no animal products.
- **Vegetarian** = Contains no meat, poultry, or seafood. May contain dairy products or eggs.

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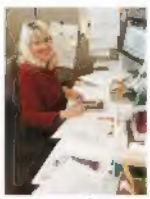
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WHAT YOU CRAVE! TRENDS * FACTOIDS * FAVES

46% of Allrecipes community members plan to go the DIY route with food gifts, and they want coaching on fudge (**383,499**) buckeyes (**55,817**) and peanut brittle (**41,655**), to name a few. See our holiday candy recipes on page 60 for more.

1 billion

cookies baked in December by the **11 million**-member-strong Allrecipes community. That works out to **90** cookies per baker. And we have **4,162** cookie recipes for you to choose from.

128,335 views of "How to Cook a Turkey," the most-visited how-to on Allrecipes.com

98,901

searches for "pie crust," and **17,518** views of "how to bake a pie crust." (No matter what kind you're making, we've got you covered, with 81 different pie crust videos.)

HELP'S HERE!

Everybody could use a hand in the kitchen—particularly this time of year. We know this because there's always a massive spike in searches for "how to ___," "how to fix," and "help" in December and January. So whether you're roasting your first Christmas turkey or tackling homemade sugar cookies, we're here to help. Let us count the ways.

Number of how-to videos on Allrecipes.com (**306** of them are for Christmas and New Year's recipes):

3,556

The holidays aren't just for turkey! Other meats on the holiday table: roast beef (950,890 searches), ham (764,737), and fish (499,833)

2,846,300

searches for "cookie." What kind do Allrec peeps most want to know how to make during the holidays? Sugar cookies top the search list at **570,055**. Runners-up: chocolate chip (**315,598** searches), peanut butter (**162,126**), gingerbread (**134,144**), and oatmeal (**98,544**). Satisfy *your* cookie craving with "Fashion Plate" on page 21.

#1

how-to fix search: "how to fix mushy stuffing." Runners-up: "how to fix a dry turkey" and "how to fix crumbly sugar cookie dough"

What kitchen help do you crave most during the holidays? Email us at **feedback@armagazine.com**. Use **#MyAllrecipes** to share your funniest holiday photos on Twitter, Facebook, Instagram, or Google+.

See these top recipe and video search results now, with just a tap on your phone! Page 4 shows how easy it is.

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KITCHEN SINK

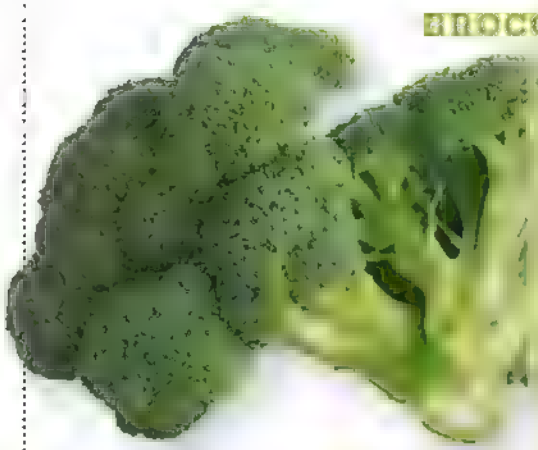
A LITTLE BIT OF EVERYTHING: NEWS, PRODUCTS, TRENDS, TOOLS, TIPS, AND MORE

March of the Penguins

These little guys are the creation of Allrecipes community member Valerie Lynne, and they'll be the talk of any holiday party they attend. The assembly: Cut a lengthwise slit, from top to bottom, into the side of **18 pitted jumbo black olives**. From an **8-ounce package of softened cream cheese**, carefully insert about 1 teaspoon of cream cheese into each olive. Slice a **carrot** crosswise into eighteen 1/4-inch thick rounds, then cut a small wedge out of each round (save the cut-out wedges') to form the feet. Press each wedge into one end of **18 pitted small black olives** to form beaks (if necessary, cut a small slit into olives before inserting beaks). Set the bodies, large hole side down, on top of the carrot slices. Set the heads horizontally on top of the bodies, adjusting so that the beak, cream cheese chest, and notch in the carrot slice line up, and secure with toothpicks. You can add scarves and hats by using fresh red pepper strips or canned pimiento.

PHOTO: KING AU; FOOD STYLING: CARRIE PURCELL; PROP STYLING: LORI HELLANDER

BROCCOLI, BROCCOLI RABE, and BROCCOLINI—*What's the Deal?*

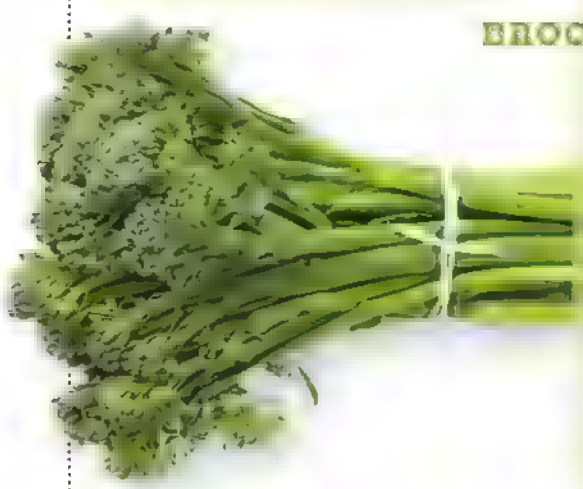


BROCCOLI

When it comes to vegetables, the U.S. can proudly dub itself Broccoli Nation. Each year, each of us eats almost six pounds of the fresh stuff and three pounds of the frozen. We have Italy to thank—broccoli has been grown and enjoyed there since the days of the Roman Empire, and when immigrants from Italy hit U.S. shores, their favorite vegetable became one of ours as well. Broccoli (*Brassica oleracea*) is a member of the cabbage family—yup, that's where it gets its slightly sulphury smell. It comes in a number of varieties, the most common being Calabrese, with its large flowering heads and sturdy, coarse stalks.

BROCCOLI RABE

Another gift from the Italians is broccoli rabe, or, as Italians call it, *cime di rapa* (which means "turnip tops"). Although broccoli rabe is in the same family as regular broccoli, it's also related to the turnip. Broccoli rabe's florets are much smaller than those of its broccoli cousin, its stems are more slender, and its leaves more plentiful. Unlike with broccoli, however, all parts of broccoli rabe (*Brassica rapa ruvo*) are eaten—its stalks don't require peeling because they're not as thick and tough as broccoli's. Its flavor has a bitter edge that some say turns mild and creamy when cooked past crisp-tender. (Find out for yourself: Check out Maria's Broccoli Rabe on page 100.)



BROCCOLINI

With its small florets and long, slender stems, Broccolini can be easily confused with broccoli rabe. But its flavor is sweeter, more refined and delicate. And its stem looks (even tastes) more like asparagus. In fact, Broccolini's original name, Aspabroc (yikes!), was a combination of the vegetables it resembled. Often called baby broccoli, Broccolini (*Brassica oleracea* var. *botrytis*) is a hybrid of broccoli and Chinese broccoli (*kai lan*) that was developed and trademarked in 1993 by Japan's Sakata Seed Corporation. You can use it in any dish that calls for traditional broccoli.

—NANETTE27

Roll With It

Last January, on Facebook, we asked what it was about school-lunchroom rolls that made you smile. The memory of good times in the cafeteria with your friends? Fighting for the biggest, fluffiest one? The smell? The name? Our post—and your answers—went viral, garnering:

2,997 shares

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691 comments

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Did you voice your opinion? If not, tell us now at **#MyAllrecipes**

BROCCOLI, BROCCOLINI AND ROLLS PHOTOS: SHUTTERSTOCK. BROCCOLI RABE PHOTO: GETTY IMAGES. COOKIE DOUGH PHOTO: KATE SEARS. FOOD STYLING: PAUL GRIMES. PROP STYLING: KATE PARSONS

MAKE SOME DOUGH

One dough, 10 cookies. It's our holiday gift to every busy cook out there! Each of the mix-in variations below is enough to flavor half a batch of the sugar cookie dough on page 29. That way you can try out two options with every batch you make. sandyg

CHERRY

Preheat oven to 350°F. Toast 1½ cups quick-cooking oats until golden brown, about 7 minutes. Cool to room temperature, then fold into dough along with 1⅔ cups dried sour cherries, finely chopped.

MALTED MILK & COCOA

Fold in ½ cup malted-milk powder, 2½ tablespoons unsweetened cocoa powder, and 2½ tablespoons sugar.

DOUBLE GINGER

Fold in 2½ tablespoons ground ginger, ⅓ cup finely chopped crystallized ginger, and ½ teaspoon ground mustard powder.

ROSEMARY-LEMON

Fold 2½ tablespoons finely grated lemon zest and 1½ tablespoons finely chopped fresh rosemary into dough.

PINE NUT-ANISE

Toast ¾ cup pine nuts in a small, dry skillet over medium-low heat, tossing frequently, until golden brown, about 3 minutes. Transfer to a cutting board to cool. When cool enough to handle, finely chop. Fold into dough along with 1½ teaspoons anise seed.

Shape dough into 1-inch balls, roll in a mixture of ⅓ cup sugar and 2½ teaspoons cinnamon. Put balls 2 inches apart on parchment-lined baking sheets and flatten slightly with the bottom of a glass.

LIME-CARDAMOM

Fold 2 tablespoons finely grated lime zest and 1½ teaspoons ground cardamom into dough.

PRETZEL & MINI CHOCOLATE CHIP

Fold in 1⅔ cups mini pretzels, crushed; ⅔ cup mini chocolate chips; and ¼ teaspoon salt.

COCONUT-ALMOND

Fold in 1¼ cups angel-flake coconut, ¾ cup sliced almonds, and ¼ teaspoon almond extract.

MEXICAN CHOCOLATE

Add 5 tablespoons unsweetened cocoa powder, 2½ tablespoons sugar, 2 teaspoons cinnamon, ¼ teaspoon cayenne pepper, and ½ teaspoon each allspice and nutmeg.

ALMOND JOY

Once the darling of health-food stores, almond flour has gone mainstream. It's higher in protein and unsaturated fat and lower in carbs than all-purpose flour. Its nutty flavor is a perfect match with muffins, pancakes, and brownies (you can substitute almond flour for about half the called-for amount of all-purpose flour). You can use it instead of dried bread crumbs on chicken fingers or fish fillets: Dredge them in a 50/50 blend of almond flour and grated parmesan, and you'll you wonder why you ever bothered with anything else. Oh, and it's gluten-free.

The one thing that might stop you from using almond flour is the price: A pound can easily cost $10. But you can make your own for about half that. Sliced or slivered almonds (with or without skins) typically cost 50% less per pound than almond flour. And if you have a coffee grinder, you can whip up a batch in 10 seconds.

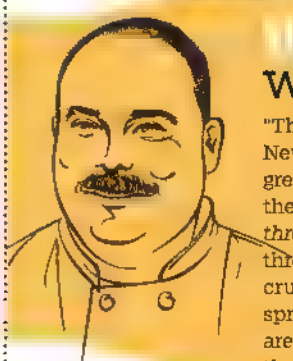
A typical grinder can make about ¾ cup of flour at a time, which is often more than you'll need. Freshly ground almond flour is fluffier, moister, and more nutritious than pre-ground flour that was most likely milled and bagged months ago. So go nuts! —PEUSHPIS

FUDGE 101

Want to avoid grainy fudge? Follow these five tips, and repeat this mantra, "The smaller the sugar crystals, the creamier the fudge."

- Use your hands to butter the inside walls of the saucepan to help keep sugar crystals from forming there.
- Fudge recipes that call for marshmallows, marshmallow crème, or corn syrup are fairly grain-proof, since these ingredients prevent sugar from crystallizing into large granules.
- If possible, use a burner larger than your saucepan; it helps prevent sugar crystals from sticking to the sides of the pan.
- Cooling the fudge undisturbed (seriously, no stirring!) to 110°F, then beating it vigorously as directed in the recipe, produces millions of the smaller sugar crystals that give your fudge the desired smooth texture.
- Finally, pour the fudge into a baking pan (lined with buttered foil to avoid sticking) without scraping the sides of the saucepan; the scrapings have a firmer, less-creamy texture. —YUMPAILY

What's on Chef John's mind



with Pork and Greens!

"They say if you eat pork on New Year's Day, you'll have great prosperity the rest of the year. This recipe has *three* kinds of pork—so that's three times the prosperity (I crunched the numbers on a spreadsheet). Black-eyed peas are included because it's said they look like coins, which is funny, because they look nothing like coins. I'm not sure what kind of legume-based economy people are talking about."

Watch the man himself at **armagazine.com/black-eyed-peas-and-greens**

PHOTOS: SHUTTERSTOCK; CHEF JOHN ILLUSTRATION: KATHRYN RATHKE

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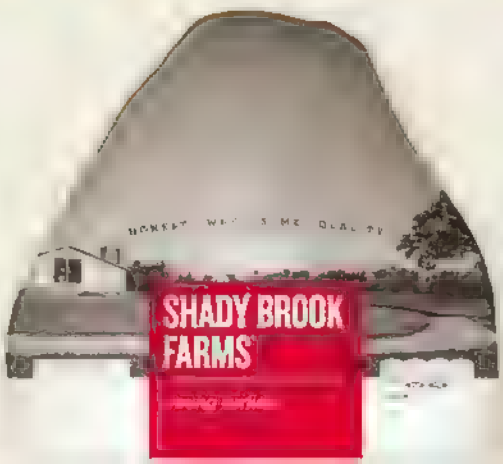

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OREO

WE ARE FAMILY

Christmas and Hanukkah may be December's major celebrations, but for many African-Americans Kwanzaa—a harvest celebration honoring African heritage, family, and community—takes center stage from December 26 to New Year's Day.

African harvest celebrations were, in fact, what originally inspired Kwanzaa's creation back in 1966 by Dr. Maulana Karenga, then chairman of black studies at California State University in Long Beach. He was seeking a way for the African-American community to draw together, to remember their roots, and to gather strength from a ritual celebration. Karenga came across the Swahili phrase *matunda ya kwanza*—"harvest" or "first fruits"—and decided to name it "Kwanzaa."

Each day of Kwanzaa is devoted to an individual principle of the celebration: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. Each night, a candle symbolizing the day's theme is lit.

Nuts, fruits, and vegetables—representing the harvest—are put on a woven mat at the center of the Kwanzaa table along with ears of corn that symbolize the family's children. The feast features traditional African and Caribbean dishes, as well as those from the American South: Jollof rice (a West African meat-tomato-chile stew); Jamaican jerk chicken; peanut soup; and Southern-style okra, sweet potato pie, and biscuits (find these recipes and more at **armagazine.com/kwanzaa**). The feasts are as unique as the families that celebrate them. But no matter what's on the table, the holiday is about sharing it with the ones you love and reinforcing bonds that keep families and communities strong. —NANETTE27

PHOTO: ISTOCK

PROMOTION

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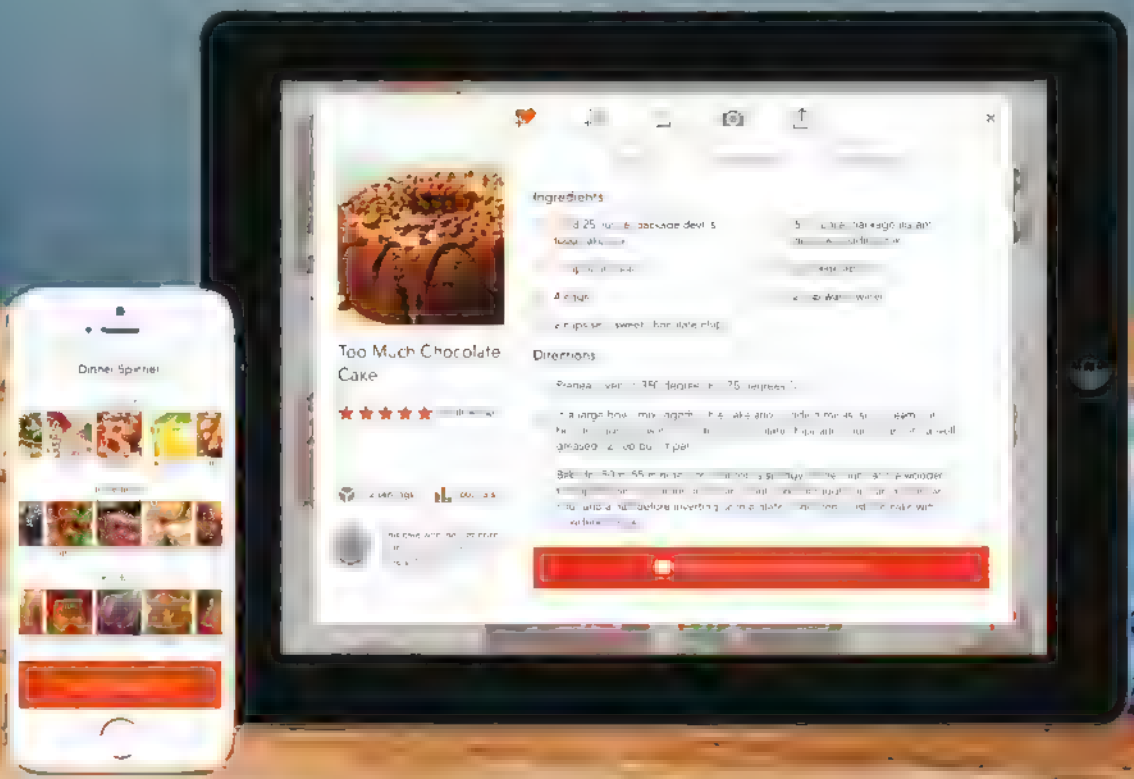

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stir things up

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FASHION PLATE

You know those fashion stories in women's magazines that present a couple of basic items of clothing, and then transform them into a bunch of different looks with smart accessories? That's what we're doing here, but with cookies! Using a simple sugar-cookie dough and cookie cutters you probably already have (and a couple of mix-ins to turn blond dough to chocolate), you've got 10 totally different and doable creations, from cute and playful to smart and sophisticated

Cookies by KTack

1 STACKED SNOWMAN

- Take 1 cup from Sandy's Super **Sugar Cookies dough** (page 29) and blend in about a third of **Malted Milk and Cocoa mix-in** (page 15). Cut out one 1½-inch and two 1-inch rounds.
- From remaining white dough, cut out a 3½-inch round, then 5 progressively smaller rounds, each ½ inch less than the last, ending with a 1-inch circle.
- Bake both doughs.
- Spread each white cookie with **store-bought white frosting**; sprinkle on **dessicated coconut**. Put largest cookie down first, press on next-smallest, and so on.
- For the hat, spread **store-bought chocolate frosting** on the larger and one of the smaller chocolate cookies; stack onto snowman.
- Add **candies** like SweetWorks' Celebration Pearls for buttons.

PHOTOS: SHER GIBLIN AND KATE SEARS. FOOD STYLING: PAUL GRIMES. PROP STYLING: KATE PARSIAN

2 CANDY BUTTONS

- Blend **Malted Milk and Cocoa mix-in** (page 15) into Sandy's Super **Sugar Cookies dough** (page 29). Cut out 1¼-inch rounds, and bake.
- Arrange unwrapped **starlight mints** 2 inches apart on a parchment-lined baking sheet. Bake until melted into disks, 4 to 5 minutes. Remove from oven and immediately press a cookie onto each disk; let cool completely.
- Top cookie with a dab of **store-bought white frosting**; press on a **candy-coated chocolate** such as pearls or M&M's.

3 LINES & DOTS

- Cut out various sizes of rounds from Sandy's Super **Sugar Cookies dough** (page 29), and bake
- Make the **Royal Icing** on page 29. Tint ¼ cup with **green liquid food coloring**, and put in a pastry bag or zip-top plastic bag. Use another ¼ cup for a second tint if desired (you'll have enough icing).
- Frost cookies with white icing and let dry 1 hour
- Snip a corner off the bag with green icing, and pipe very thin lines or small dots on top.

4 GELS

- Cut out squares or rounds from Sandy's Super **Sugar Cookies dough** (page 29), and bake.
- Frost with **Royal Icing** (page 29), then pipe thin lines or circles with tubes of **colored gels** on the wet frosting, drag a toothpick through them to create designs. Let dry 1 hour

5 BUBBLE STARS

- Cut out stars from Sandy's Super **Sugar Cookies dough** (page 29) with a 3- to 4-inch cookie cutter, and bake.
- Frost with **store-bought white frosting**, and decorate with **candy-coated chocolates** such as **candy pearls** of various sizes (available at stores like Target and Walmart).

6 SANTA-FACE POP

- Cut out 2½- to 3-inch hearts from Sandy's Super **Sugar Cookies dough** (page 29).
- Cut slits on each side near the top, and nudge dough into a moustache shape (you can do a little more shaping with a paring knife, if desired). Insert a long **lollipop or Popsicle stick** into each cookie, then bake.
- Put a third of white **Royal Icing** (page 29) in a zip-top plastic bag, seal, and set aside. Tint a quarter of frosting pink. Frost cookie with remaining white frosting. Frost on a pink triangle for the mouth. Let dry 1 hour.
- Snip off a corner of bag; pipe lines for beard and moustache, and sprinkle with **sugar**. Add a **red candy-coated chocolate** such as a jumbo M&M's (dabbed with frosting) as a nose.

7 SIMPLE FACES

- Cut out rectangular cookies from Sandy's Super **Sugar Cookies dough** (page 29)—with **Mexican Chocolate mix-in** (page 15), if desired—and bake.
- Use cookies as the base for faces such as reindeer, snowpeople, and elves, piping and/or spreading **store-bought frostings** and using **various candies** as desired

COOKIE TREE

- Cut out sixteen 2½-inch triangles and one 1½-inch round from Sandy's Super **Sugar Cookies dough** (page 29), and bake.
- Make **Royal Icing** (also on page 29), put ¼ cup in a zip-top plastic bag, and seal.
- Tint remaining icing green with liquid **food coloring.** Spread icing on all but 1 triangle and the round cookie, let dry 1 hour.
- Snip off a corner of bag and pipe garlands with white icing.
- Add **colored round candies** such as M&M's or candy pearls as ornaments.
- Spread remaining white icing on undecorated cookies. Put yellow candies on round cookie for a star, and add **chocolate sprinkles** on triangle as a trunk.
- Arrange cookies on a platter in a tree shape.

MELTING SNOWMEN

- Blend **Malted Milk and Cocoa mix-in** (page 15) into half a batch of Sandy's Super **Sugar Cookies dough** (page 29). Cut out 3-inch round cookies, and bake.
- Use large scissors to cut a ¼-inch slice from each flat side of a **marshmallow.** Press the sticky cut side of each slice onto cookie.
- Pour enough **Royal Icing** (page 29) over marshmallow to cover it and pool on cookie.
- Put an upside down **mini peanut butter cup** on marshmallow as a hat. Press on **black-pearl sprinkles** or dragées as eyes, and **Celebration Pearls** as nose and buttons.
- Add 2 **pretzel sticks** as arms. Let dry 1 to 1½ hours.

PENGUINS

- Cut out 3-inch ovals from Sandy's Super **Sugar Cookies dough** (page 29)—with mix-ins on page 15, if desired—and bake.
- Line a baking sheet with wax paper. Dip cookies in 2 cups of melted **semisweet chocolate chips** (but not the part you're holding), and put on baking sheet.
- Use large scissors to cut a ¼-inch slice from each flat side of a **marshmallow.** Press the sticky cut side of each slice onto a dipped cookie.
- Dab **store-bought white icing** onto uncoated part of cookie to hold the feet, then above marshmallow for eyes and nose.
- Press on **mini candy-coated chocolates** (such as M&M's minis) as eyes; turn other minis edge up and press on as nose and feet.

Chocolate-Candy Cane Cake

Just one of the many holiday recipes available at JelloRecipes.com

- 1 pkg. (2-layer size) chocolate cake mix
- 1 pkg. (3.9 oz.) JELL-O Chocolate Instant Pudding
- 4 eggs
- 1 container (8 oz.) BREAKSTONE'S or KNUDSEN Sour Cream
- 1/2 cup oil
- 1/2 cup water
- 1 1/4 cup milk
- 1 pkg. (4 oz.) BAKER'S Semi-Sweet Chocolate, chopped
- 18 small candy canes, coarsely crushed (about 1 cup), divided
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

PREP: 20 min. MAKES: 18 servings

1. HEAT oven to 350°F.
2. BEAT first 7 ingredients in large bowl with mixer until blended. Stir in chopped chocolate and 2 Tbsp. crushed candy. Pour into 2 (9-inch) round pans sprayed with cooking spray.
3. BAKE 35 to 40 min. or until toothpick inserted in centers comes out clean. Cool in pans 10 min. Loosen cakes from sides of pans; invert onto wire racks. Carefully remove pans. Cool cakes completely.
4. FILL and frost cakes with COOL WHIP. Sprinkle with remaining crushed candy just before serving. Keep refrigerated.

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SUBMITTED BY sandyg
PREP 20 min
COOK 20 min
READY IN 1 hr (includes cooling)
MAKES 8 dozen cookies
Brand new recipe!
Go online to rate and review it!

Sandy's Super Sugar Cookies

armagazine.com/sandys-super-sugar-cookies

"These basic cookies are delicious plain, but they're also easy to jazz up with mix-ins (see page 15 for ideas) and fun decorations. You can roll out the dough for cutouts, or roll into logs for simple slices." –SANDYG

- **5½ cups flour**
- **1 teaspoon cream of tartar**
- **1 teaspoon baking soda**
- **1 pinch salt**
- **2 cups (1 pound) butter, at room temperature**
- **2 cups sugar**
- **1 teaspoon vanilla extract**
- **2 large eggs**

1. Preheat oven to 350°F. Line 2 large baking sheets with parchment paper.
2. Stir together flour, cream of tartar, baking soda, and salt in a bowl. Cream butter and sugar with an electric mixer until pale and fluffy. Add vanilla, then beat in eggs 1 at a time. Add flour mixture, mixing until just combined. *[**From our kitchen:** If you want to add any of the mix-ins on page 15, fold them in now.]*

3. Roll out dough on a lightly floured surface and cut into desired shapes. Arrange on prepared baking sheets and bake until cookies are set, 10 to 12 minutes. Cool 5 minutes on sheets, then transfer to a wire rack to cool completely before decorating.

Note from sandyg: The number of cookies will vary depending on their shapes, but dough rolled into three 10-inch logs and sliced ¼ inch thick will yield about 8 dozen cookies. This dough can be frozen up to 3 months; thaw in refrigerator.

PER 1-COOKIE SERVING 78 CAL; 4g FAT (2.4g SAT); 1g PRO; 9.7g CARB; 0g FIBER; 50mg SODIUM; 14mg CHOL

SUBMITTED BY Veronica
PREP 6 min
READY IN 6 min
MAKES 3 cups
RATING ★★★★½
150 reviews

Royal Icing III

armagazine.com/royal-icing-3

"This is also good for icing gingerbread houses." –VERONICA

- **3 cups powdered sugar**
- **¼ teaspoon cream of tartar**
- **2 egg whites**

Sift together sugar and cream of tartar in a bowl. Add egg whites and beat with an electric mixer until mixture is thick enough to hold its shape, about 5 minutes.

*[**From our kitchen:** This icing dries rapidly on top, so if you put it in a pastry/piping bag, close top; in between cookies, cover tip with a damp paper towel. If icing is in a bowl, cover it with plastic wrap while working with it. Icing will keep up to 3 days in an airtight container at room temperature. Put plastic wrap directly on icing to prevent skin from forming, then seal container.]*

PER 2-TEASPOON SERVING 23 CAL; 0g FAT (0g SAT); 0.1g PRO; 5.9g CARB; 0g FIBER; 2mg SODIUM; 0mg CHOL

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MAKE MEAL MAGIC with Reynolds

CONQUER THE COOKIE

Up the ante on Grandma's secret recipe for out-of-this-world delicious chocolate chip cookies!

- Line your baking sheet with **Reynolds® Parchment Paper** to bake cookies more evenly and keep them from sticking
- For softer, chewier cookies, try more brown sugar than white

Get more tips at ReynoldsKitchens.com

Stuff Your Stockings

Need a gift for someone who loves to cook, but don't want to spend a bundle? We've rounded up gift ideas—some fun, some practical—that are all $25 or less

This resistant dishwasher friendly poppy lifts snugly over bowls, pots and pans and resists heat up to 428°F. Charles viennoise 9" Poppy Mold, $10 at kitchenkapers.com

Mice you'll actually want in your kitchen! Chocolate Mice sampler, $13 for a pack of four at burdickchocolate.com

Indulge someone's wooden-spoon obsession with these olive-wood beauties. Hand-Carved Serving Spoons, $18 at swahilimodern.com

Play ball! Instead of cubes, go with ice spheres that keep your drink colder for longer. Zoku Ice Ball Mold, $17 for a set of two at zokuhome.com

An hors d'oeuvre's best friend: a hedgehog who carries toothpicks on his back. Hedgehog Toothpick Holder, $25 at amazon.com

Raised nubs for serious grip, heat resistant to prevent burns, and an extendable cuff for extra protection. Kitchen Grips Chef's Red Oven Mitt, $20 at amazon.com

High-quality vanilla beans are a treat for any home cook. Madagascar Bourbon Vanilla Beans, $8 for a package of five at beanilla.com

Go for the good stuff: coupé grade saffron, for which only the most flavorful red threads are handpicked. Spanish Saffron, $11 for a 1-gram bag at thespicehouse.com

Give dumplings, pastries, and filled desserts a new look. Kuhn Rikon Pocket Makers, $16 for a set of three at amazon.com

Grate fresh ginger in seconds – without unwanted fibers. Ceramic Ginger Grater, $15 at williams-sonoma.com

Perfect for adding a little of this and a dash of that. Mini Wooden "Pinch" Bowls, $15 for a set of six at thenewengland tradingcompany.com

No more fishing for the ring on metal steamers! This silicone version has easy-to-grab handles that stay cool. Tovolo 8-inch Silicone Steamer $11 at amazon.com

The wrapping is done for you! Triangle Patterns Flour Sack Tea Towels, $14 for a set of three at paisleytreepress.com
Dog days. One side holds water, the other kibble, and the flattened cup turns into a bowl. H-DuO with Companion Cup, $20 at store.dexas.com
A great cause (helping the honeybees!) and a great honey with unusual flavors like lime and ginger, $6 for a 6-ounce jar at henryshumdingers.com
Keep tabs on two dishes at once with a steel dual timer that alerts you with a classic bell. Fox Run Brands Double Timer, $20 at amazon.com
I ♥ FROSTING
Squeeze the handle, and the sides of this cutting board will fold up to form a funnel. Chop2Pot Plus, $16 at josephjoseph.com
French-press coffee on the go. Bodum Bistro 15-ounce Insulated Stainless-Steel Travel Press, $20 at brookstone.com
A rotating stand makes piping and icing a piece of cake. Cake Boss Decorating Turntable, $25 at shop.cakebossbaking.com
Show your leftovers some love: Reusable
at foodhuggers.com
Tougher than it looks. It cuts straight peels and matchstick strips, and has a serrated blade for peeling softer fruits and vegetables. Veggie Peeler (Carrot), $6 at us.kuhnrikon.com
Get more details or buy any of these products right now with one tap on your phone! Page 4 shows you how.

O Canada

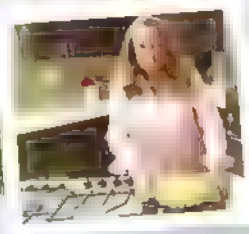
Al recipes community member Julie McCuiston shares a savory pork pie recipe passed down from her French-Canadian sister-in-law

My sister-in-law, Terri, and I have shared many things over the years. We went to the same high school, the same college, and we happened to marry brothers. For four decades, we've shared the same last name and a favorite cooking tradition: making *tourtières*, French-Canadian spiced meat pies.

Terri comes from a long-standing tradition of meat pies. Every year at Christmas, her French-Canadian family made dozens of them to give as gifts to friends and relatives. Her own family would have a slice of the pie, served with gherkins, for breakfast on Christmas morning. Because the tradition started long before all homes had electricity, her family would store them in snowdrifts outside their door. Those frigid northern temperatures were good for something!

Terri delivered one of her homemade pies to my home one year. Once I tried it, I had to have the recipe—and I've been making them every Christmas since. Terri's family now calls them "Santa pies"—her little grandson couldn't pronounce the name so he renamed them and it stuck.

I love to cook and bake just about anything. Comfort foods like braised short ribs with creamy polenta and bacon-wrapped meatloaf are legendary with my friends and family, and now this pie is part of my collection. But I'm lucky enough to have a freezer, so I don't have to bury my prized pork pies in snowdrifts! —MAUIGIRL



Julie and her "Santa pie"

SUBMITTED BY mauigirl
PREP 15 min
COOK 1 hr, 15 min
READY IN 2 hr (includes cooling)
SERVES 6 (makes one 9-inch pie)

Rand ne

Go online to rate and review it!

Terri's Tourtière (French-Canadian Meat Pie)

armagazine.com/terris-tourtiere

- **1 cup water**
- **1 pound lean ground pork**
- **1 teaspoon salt**
- **2 teaspoons vegetable oil**
- **1 small onion, finely chopped**
- **¾ teaspoon cinnamon**
- **½ teaspoon black pepper**
- **¼ teaspoon ground allspice**
- **¼ teaspoon ground cloves**
- **½ cup plain dry bread crumbs**
- **1 (15-ounce) package refrigerated rolled unbaked pie crusts (2 crusts)**

1. Bring water to a boil in a large skillet over medium heat. Add pork and ¼ teaspoon salt and cook, stirring occasionally, until pork is no longer pink, about 5 minutes. Drain, reserving cooking liquid in a separate container (do not clean skillet).
2. Put cooking liquid in freezer until fat rises to surface, about 15 minutes; discard fat. *[**From our kitchen:** Depending on how lean your pork is, you may see very little fat.]* Preheat oven to 350°F.
3. Meanwhile, heat oil in reserved skillet over medium heat. Add onion and cook, stirring frequently, until softened, about 5 minutes. Add cooked pork, remaining ¾ teaspoon salt, cinnamon, pepper, allspice, and cloves; stir to combine. Stir in pork cooking liquid and bread crumbs. Transfer to a bowl and cool to room temperature.
4. Roll out 1 crust into an 11-inch round on a lightly floured surface. Fit into a 9-inch pie plate, leaving a 1-inch overhang; spoon pork mixture into crust. Roll remaining crust into a 12-inch round on lightly floured surface, lay across pie. Tuck overhang under bottom crust, pressing together top and bottom crusts to seal, crimping with your fingers. Cut 3 to 5 small steam vents in top crust.
5. Bake until crust is golden brown and crisp, about 1 hour. Cool 5 minutes before serving.

*[**From our kitchen:** This pie can be assembled and frozen, unbaked, up to 2 months. To cook, partially thaw in refrigerator until pastry gives to gentle pressure, about 6 hours. Bake 1 to 1¼ hours at 375°F.]*

PER 1-SLICE SERVING 499 CAL; 31g FAT (9.1g SAT); 18.4g PRO; 35g CARB; 2.9g FIBER; 882mg SODIUM; 49mg CHOL

PIE PHOTO: KARLA CONRAD. FOOD STYLING: CARRIE PURCELL. PROP STYLING: LORI HEILANDER. FAMILY PHOTO: COURTESY OF JULIE MCCUISTON

A VERY, MERRY Cherry Holiday

CHOCOLATE CHERRY THUMBPRINTS

Prep: 20 min. | Bake: 12 min. | Makes: 3 Dozen Cookies

Ingredients

- 1 cup butter, softened
- 2 cups white sugar
- 2 eggs
- 2 tsp vanilla
- 3 cups flour
- 1 cup cocoa
- ½ tsp salt
- ½ tsp baking soda
- ½ tsp baking powder
- 1 (21 oz.) **Lucky Leaf® Cherry Pie Filling**
- ½ cup chocolate chips

Preheat oven to 350°F

Cream butter and sugar until light and fluffy. Mix in eggs, one at a time. Add vanilla and mix until combined. Add flour, cocoa, salt, baking soda and baking powder. Mix until combined.

Roll the dough into two-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of cookie to make a well. Place cherries into each cookie.

Bake for 12 minutes. Allow cookies to cool.

Melt chocolate according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in an airtight container.

For more recipes, visit

LUCKYLEAF.COM

CHERRY PIE COOKIES

Prep: 10 min. | Bake: 15 min. | Makes: 2 Dozen Cookies

Ingredients

- ½ cup butter, softened
- ½ cup margarine, softened
- 2 cups flour
- ¾ cup powdered sugar
- 1 tsp vanilla
- 1 (21 oz.) **Lucky Leaf® Cherry Pie Filling**
- ½ cup white or milk chocolate chips

Preheat oven to 325°F.

Mix butter and margarine until fluffy. Add flour, powdered sugar and vanilla just until combined and a soft dough is formed.

Roll the dough into two-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of cookie to make a well. Place cherries into each cookie.

Bake for 12-15 minutes. Allow cookies to cool.

Melt chocolate according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in an airtight container.

PERFECT PAIRING

Better SHOW + allrecipes magazine

TUNE IN TUESDAYS

This fall, The Better Show is cooking up some fresh ideas for Season 8 with Allrecipes in the mix every week. Look for all-new shows and recipes from Allrecipes magazine and Allrecipes.com–America's most popular food resource. Tune in for:

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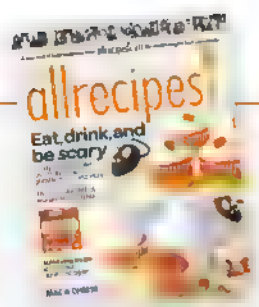

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PHOTOS KARA CONRAD FOOD STYLING CARRIE PURPLE PROP STYLING JOB HELANDER

Ooey-Gooey Cinnamon Buns

armagazine.com/ooey-gooey-cinnamon-buns

"These buns are sooo good straight from the oven when they're gooey and warm." —DAKOTA KELLY

FOR DOUGH

- 1 teaspoon plus ¼ cup sugar
- 1 (0.25-ounce) package dry active yeast
- ½ cup warm water (110°F)
- ½ cup milk
- ¼ cup butter, cut into 4 pieces
- 1 teaspoon salt
- 2 eggs, beaten
- 4 cups flour

FOR TOPPING

- ¾ cup butter
- ¾ cup packed brown sugar
- ½ cup chopped pecans

FOR FILLING

- ¼ cup butter
- ¾ cup packed brown sugar
- ½ cup chopped pecans
- 1 tablespoon ground cinnamon

Make dough:

1. Stir together 1 teaspoon sugar and yeast in warm water in a small bowl. Let stand until foamy, about 10 minutes. Heat milk in a small saucepan until it bubbles around edges. Remove from heat and add remaining ¼ cup sugar, butter, and salt, stirring until melted. Let cool until lukewarm.
2. Stir together yeast and milk mixtures, eggs, and 1½ cups flour in a large bowl. Mix in remaining flour, ½ cup at a time, blending well after each addition, until dough has pulled together. Turn dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
3. Lightly oil a large bowl; add dough and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. *[From our kitchen: You can make dough and allow it to rise a day ahead. Punch it down well, then cover bowl tightly with plastic and chill overnight. Roll out dough while still cold; it'll be easier that way.]*

Make topping:

4. Grease a 10-inch round baking pan. Melt butter in a small saucepan over medium heat. Stir in brown sugar, whisking until smooth. Pour into prepared pan and sprinkle with pecans.

Make filling:

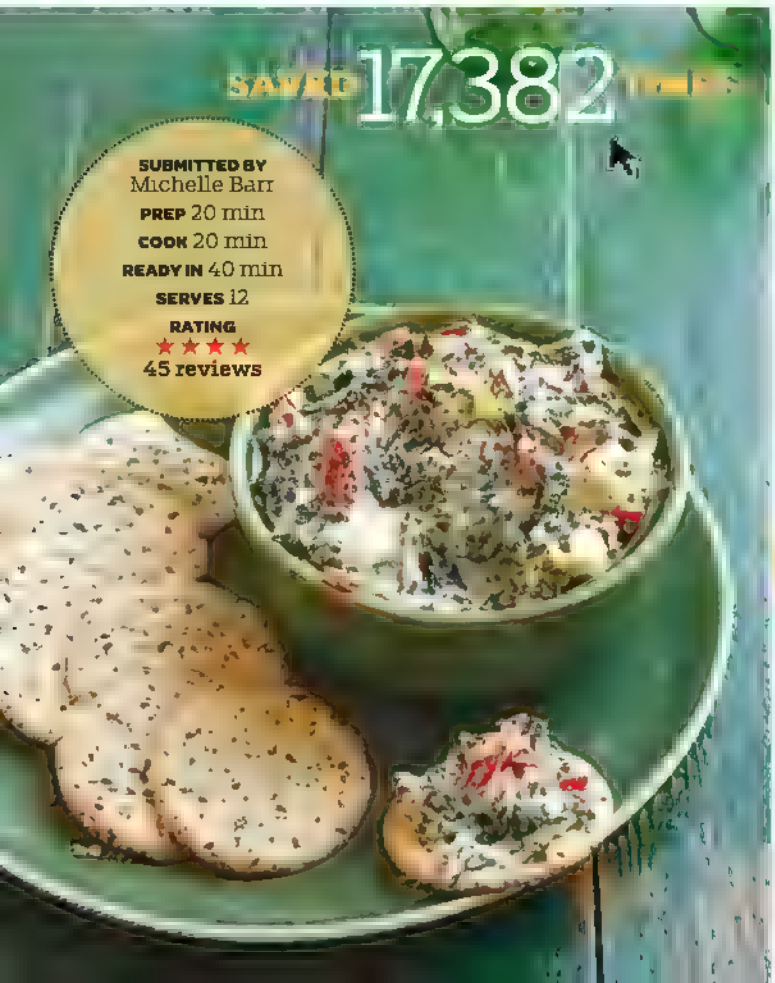
5. Melt butter in small saucepan over medium heat. Combine brown sugar, pecans, and cinnamon in a small bowl.
6. Turn dough out onto lightly floured surface and roll into an 18x14-inch rectangle. Brush with 2 tablespoons butter, leaving ½-inch border unbuttered on all sides. Sprinkle with brown sugar mixture. Starting at a long side, tightly roll up dough, pinching seam to seal. Cut roll crosswise into 16 slices with a serrated knife. *[From our kitchen: Dental floss makes cutting easier; see You Said, below!]* Transfer slices, cut sides down, to baking pan. Brush with remaining 2 tablespoons butter. Cover and let rise at room temperature until doubled in volume, about 1 hour.
7. Preheat oven to 375°F. Bake buns until golden brown, 30 to 35 minutes. Let cool in pan 3 minutes, then invert onto serving platter and scrape remaining filling from pan onto rolls.

PER 1-BUN SERVING 367 CAL; 20.3g FAT (9.8g SAT); 5.2g PRO; 42g CARB; 1.8g FIBER; 289mg SODIUM; 62mg CHOL

YOU SAID

"The buns were so incredibly delicious, I kind of got scared. I felt like I had created something so devastating, so powerful, that it would wreak havoc on humanity. So please be careful when and where you make these. They will not be denied and WILL HAVE THEIR WAY WITH YOU! —DOUGGER

To cut the rolls without mashing the dough: Slide a piece of thread under the roll, cross the thread, and pull quickly. —HDAVIS



Holiday Hot Spinach Dip

armagazine.com/holiday-hot-spinach-dip

"A yummy vegetable dip! Serve with your favorite crackers." —MICHELLE BARR

- 1 (10-ounce) package frozen chopped spinach, thawed and thoroughly drained
- ½ cup diced red bell pepper
- 1 (6.5-ounce) jar marinated artichoke hearts, drained and coarsely chopped
- ½ cup grated parmesan cheese (4 ounces)
- 1 tablespoon minced garlic
- Salt and black pepper to taste
- ½ cup sour cream
- ¼ cup heavy cream
- 2 teaspoons flour

1. Preheat oven to 350°F.
2. Mix together spinach, bell pepper, artichokes, cheese, garlic and salt and pepper to taste. Whisk together sour cream, heavy cream, and flour; stir into spinach mixture. Spoon into a 1-quart baking dish.
3. Bake until bubbly, 20 to 25 minutes.

PER SCANT ¼-CUP SERVING 76 CAL; 6g FAT (2.9g SAT); 2.7g PRO; 3g CARB, 1g FIBER; 209mg SODIUM, 14mg CHOL

YOU SAID

I added minced red, green, and yellow peppers to give more of a holiday look. Making again! It went well with pita chips. —SHIRENE

I ran late getting everything on the table, so we stuck the dip in the microwave for 10 minutes instead of using the oven. It worked just fine. —LOVES2COOK50

allrecipes.com
5-STAR RATING

Harvest Salad

armagazine.com/harvest-salad

"A spinach salad with big flavors! If you can't find walnut oil, olive oil can be substituted." —TIFFANY

- ½ cup coarsely chopped walnuts
- 1 (5-ounce) bag fresh baby spinach
- ½ cup dried cranberries
- ½ cup crumbled blue cheese
- 2 cups chopped tomatoes
- 1 avocado, peeled, pitted, and diced
- ½ red onion, thinly sliced into half-moons (about ⅔ cup)
- 2 tablespoons red raspberry jam
- 2 tablespoons red wine vinegar
- ⅓ cup walnut oil
- Salt and black pepper to taste

Preheat oven to 375°F. Arrange walnuts in a single layer on a baking sheet. Toast until nuts begin to brown, 5 to 7 minutes.

Toss together walnuts, spinach, cranberries, cheese, tomatoes, avocado, and onion in a large bowl.

Whisk together jam, vinegar, oil, and salt and pepper to taste in a small bowl. Pour over salad just before serving, toss to coat.

[From our kitchen: You can make the dressing a day ahead and chill it in an airtight container. Bring it to room temperature before serving.]

PER 1½-CUP SERVING 311 CAL; 25.2g FAT (4.3g SAT); 5g PRO; 19.5g CARB; 3.8g FIBER; 360mg SODIUM; 8.4mg CHOL

SUBMITTED BY Tiffany
PREP 25 min
COOK 5 min
READY IN 30 min
SERVES 6
RATING ★★★★★
295 reviews

21,362 TIMES

SAID

I like to add candied pecans instead of walnuts. It's wonderful for holidays, but it can spruce up a boring midweek dinner as well. —LAURIL

I substituted olive oil for the walnut oil, and it tasted great. —DINAH1

Not only is it pretty to look at, this salad is chock-full of wonderful flavors and textures. I added a little cooked, crumbled bacon. That makes it a very nice mix of sweet and salty! —JILLIAN

SAID

"This is an excellent supper for weeknights. I used fresh spinach versus frozen, and added it to my colander prior to draining my pasta, so that it gets slightly cooked. This is a keeper. —JD

This is my family's new favorite recipe! I make it a little healthier using whole-wheat pasta and spicy Italian turkey sausage. We actually like the turkey sausage better than regular sausage. —BMBJI

I was in a hurry, so I used chopped garlic in the jar, no oil, and just let spinach heat in the skillet until hot, then mixed with noodles. Everyone wanted seconds, and leftovers the next day. —MINNIE SCOOKING

This is delicious! Adding ½ teaspoon salt improved it for our family, as well as using fresh spinach and tomatoes versus frozen/canned. It looks very elegant and can be served to guests or as a weeknight family supper. —LAURA

SAVED 24,053

SUBMITTED BY Tammy
PREP 15 min
COOK 30 min
READY IN 45 min
SERVES 6
RATING ★★★★½
687 reviews

Sausage Pasta

armagazine.com/sausage-pasta

"This is a super-easy recipe to throw together and, with the addition of different vegetables, can make lots of variations." —TAMMY

- ¾ pound dried penne pasta
- 1 tablespoon olive oil
- 1 pound spicy Italian sausage, casings removed
- 1 onion, finely chopped (1 cup)
- 4 cloves garlic, minced
- 1 (14.5-ounce) can low-sodium chicken broth
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 teaspoon dried basil
- 1 (10-ounce) package frozen chopped spinach, thawed
- ½ cup grated parmesan cheese

1. Cook pasta according to package instructions until al dente. Reserve ½ cup pasta water, then drain pasta.
2. While pasta cooks, heat oil and sausage in a 12-inch skillet over medium-high heat until sizzling. Reduce heat to medium and cook sausage, stirring and breaking up lumps with a spoon, until no longer pink, about 3 minutes. Add onion and garlic, and cook, stirring, until softened, about 5 minutes.
3. Add broth, tomatoes, and basil; bring to a boil over high heat. Reduce heat to medium-high and cook, stirring occasionally, until slightly thickened, about 10 minutes. Add spinach, cover, and simmer over medium-low heat, stirring once or twice, until spinach is tender, about 5 minutes.
4. Add pasta to skillet and cook 1 minute, stirring and adding enough reserved pasta water to keep moist. Remove from heat, and sprinkle with cheese.

PER 1⅔-CUP SERVING 534 CAL; 23.5g FAT (8.3g SAT); 24.2g PRO; 53g CARB; 3.5g FIBER; 865mg SODIUM; 65mg CHOL

Save this recipe to your online recipe box right now! Or add it to your shopping list. Page 4 shows how easy it is.

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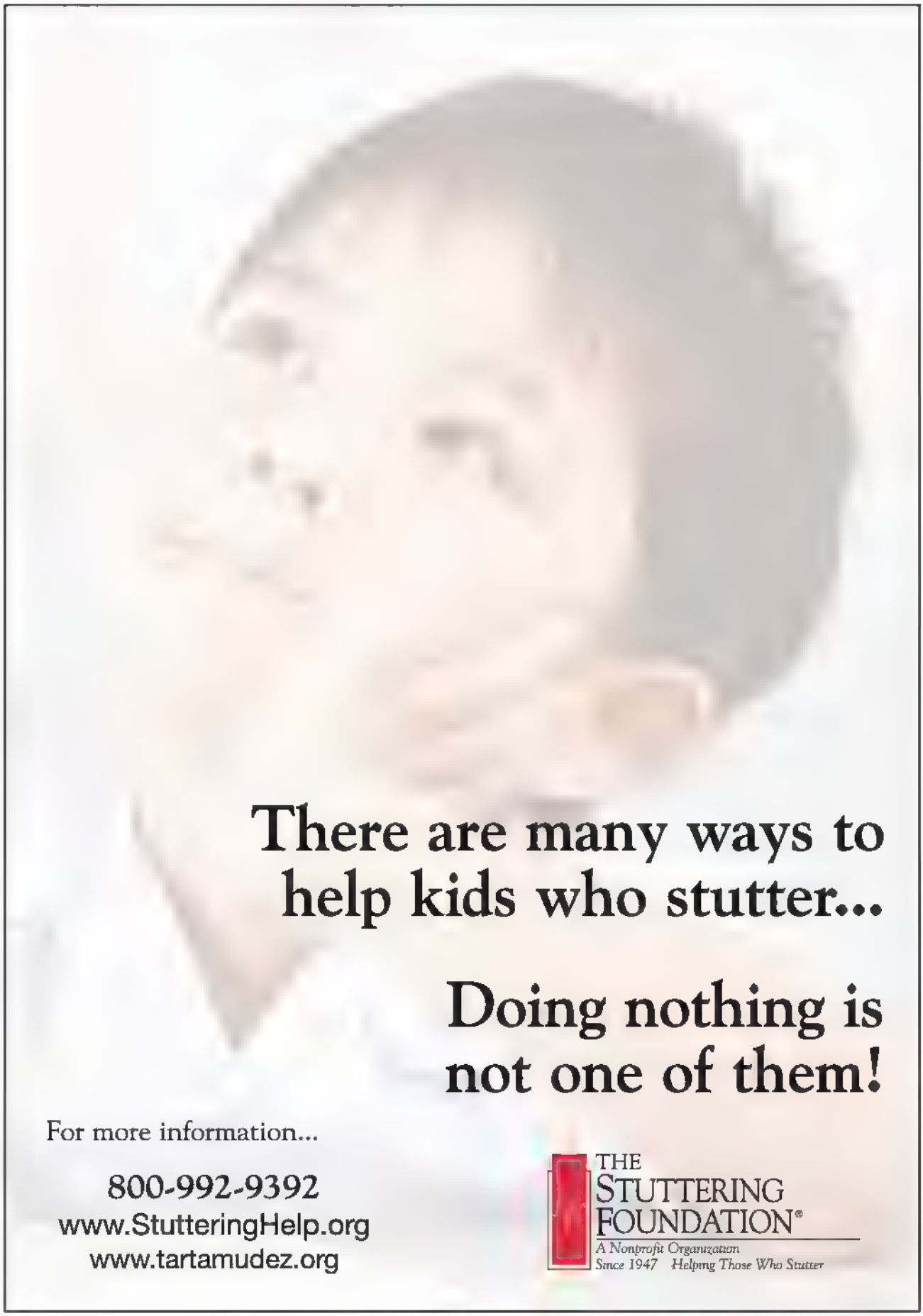
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SUBMITTED BY PIONEERGIRL
PREP 30 min
COOK 30 min
READY IN 1 hr
SERVES 6
RATING
★★★★½
1,224 reviews

My Best Clam Chowder

armagazine.com/my-best-clam-chowder

From our kitchen: We liked Pioneergirl's original recipe that's on Allrecipes.com, but we made some tweaks here to lighten it and make it even better. Her idea of adding a little red wine vinegar to give it a flavor pop is brilliant!

- 1 (8-ounce) bottle clam broth
- 3 (6.5-ounce) cans chopped or minced clams, undrained
- 2 cups cubed potatoes (such as red or Yukon Gold; about 3)
- 1 cup finely chopped onion
- 1 cup diced celery
- 1 cup diced carrots
- ¼ cup butter
- ¼ cup flour
- 1 pint half-and-half
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- Black pepper to taste

1. Pour clam broth and juice from canned clams into a 3-quart saucepan. Add potatoes, onion, celery, and carrots. Bring to a boil; reduce heat to medium-low and simmer until vegetables are tender, about 10 minutes.
2. Melt butter in a 4-quart heavy saucepan over medium-low heat. Whisk in flour and cook, whisking frequently, 3 minutes. (Lower heat if it starts to brown.) Add half-and-half and bring to a boil, whisking constantly. Reduce heat to low and simmer, whisking occasionally, 5 minutes. Stir in broth-vegetable mixture, heat through, but don't boil.
3. Stir in clams just before serving and, when heated through, stir in vinegar, salt, and pepper to taste.

PER 1⅛-CUP SERVING 333 CAL; 18.7g FAT (10.7g SAT); 20g PRO; 23.3g CARB; 2.3g FIBER; 1,239mg SODIUM; 121mg CHOL

SAID

The red wine vinegar in it was outta this world—what a superb super-secret ingredient! —MUFFIN MOM N GARLIC GIRL

If you like your chowder on the thicker side, just cook the half-and-half mixture a bit longer. —SHMONEY1

I browned six strips of bacon, removed them, and let them drain. Then I added the veggies to the bacon fat and proceeded as described. I crumbled the bacon into the soup after it was all combined. Adds fat, but a huge flavor, too. —CHEFSINOLEPAP

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Your Holiday Arsenal

It's inevitable. Come December somebody will drop by with short (or no) notice—out-of-town relatives, a neighbor, co-workers—and they're usually hungry and thirsty. Be prepared! Arm yourself with a few of these pantry staples (practically speaking, your "pantry" is three parts fridge, freezer, and kitchen cabinets) and you'll be ready to serve better than average appetizers to anyone, anytime, with style.

WHAT TO GET

- ☐ **Hummus**
- ☐ **Sun-dried tomatoes**
- ☐ **Pesto**
- ☐ **Pita chips and assorted crackers**
- ☐ **Carrots, celery, radishes, bell peppers, cauliflower**
- ☐ **Sour cream**
- ☐ **Parmigiano-Reggiano**
- ☐ **Kielbasa**
- ☐ **Mayonnaise**
- ☐ **Garlic cloves**
- ☐ **Smoked trout**
- ☐ **Small red new potatoes**
- ☐ **Canned white beans**
- ☐ **Olives**
- ☐ **Shredded cheddar cheese**
- ☐ **Cream cheese**
- ☐ **Nuts**
- ☐ **Canned tuna**
- ☐ **Frozen puff pastry**
  (see page 45 for ideas on what to do with the pastry)

PHOTO: KATE SEARS; FOOD STYLING: PAUL GRIMES; PROP STYLING: KATE PARSIAN

WHAT TO DO WITH THEM

1 **Hummus helpers**
Stir in a little pesto and sun-dried tomatoes—even mashed anchovy—and serve with pita chips and vegetables.

2 **Super sour cream**
Stir in some grated fresh parmesan cheese, black pepper, and lemon juice to taste, and serve with crackers and kielbasa.

3 **Mayo with mojo**
Stir in pesto, mustard, or horseradish. Or stir together ¾ cup mayo, 3 cloves minced garlic, 2½ tablespoons lemon juice, ¾ teaspoon salt, and ½ teaspoon pepper. Serve with smoked trout on crackers, or with roasted red potatoes.

4 **White beans**
Mash with olives, garlic, lemon, salt, and pepper. Add roasted red peppers if you have a jar on hand. Serve with crusty bread.

5 **Quick cheese crisps**
Bake mounds of grated parmesan, seasoned with pepper, on a parchment paper–lined baking sheet at 375°F until melted, about 10 minutes.

6 **Spiced nuts**
Heat a tablespoon or two of olive oil in a skillet, add whatever spice(s) you like—curry powder, cumin, coriander, smoked paprika, rosemary—and toast nuts until fragrant, a couple minutes.

7 **Frozen cocktail meatballs**
Serve with jarred marinara or whatever sauce(s) you have on hand.

8 **Amazing olives**
Warm them in a skillet with olive oil and garlic cloves.

9 **Cheese ball**
Combine shredded cheddar, garlic powder, and cream cheese. Then shape into a ball and roll it in chopped nuts. Serve with crackers or celery.

10 **Instant tonnato dip**
Blend a drained can of tuna with mayo, olive oil, lemon juice, and pepper; serve with veggies.

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Sugar Cookie
holiday blossom cookies how-to at bettycrocker.com

SUBMITTED BY Chef John
PREP 30 min
COOK 25 min
READY IN 1 hr, 15 min
MAKES 18 sticks
RATING
★★★★★
6 reviews

SAID

Holy cow! These were fantastic. I appreciated the video to help me learn how to twist these. You're right, Chef John: They don't suck :) —SMINCKLER

Very, very good! Never had better! —PUH716

Easy party pleaser. —IRENE POSTEN

Cheese Sticks

allrecipes 5-STAR RATING

armagazine.com/cheese-sticks

"These super-simple breadsticks are easy, cheesy, and very cool for entertaining." —CHEF JOHN

- ½ (17.3-ounce) package frozen puff pastry sheets
- 2 teaspoons olive oil
- 1 pinch salt, or to taste
- 1 pinch black pepper, or to taste
- 1 pinch cayenne pepper, or to taste
- ¼ cup shredded sharp white cheddar cheese
- 5 tablespoons freshly shredded Parmigiano-Reggiano cheese

1. Thaw pastry at room temperature just until it can be unfolded, about 20 minutes. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Unfold pastry on a lightly floured surface and brush top side with oil. Sprinkle evenly with salt, black pepper, cayenne, cheddar, and 4 tablespoons Parmigiano-Reggiano.
3. Top with plastic wrap; lay a baking sheet on top, and press cheese and seasonings firmly into dough. Remove sheet and plastic. Cut dough into thirds along seam lines, using a pizza cutter. Cut each third lengthwise into thirds for a total of 9 strips. Cut strips in half crosswise, for a total of 18 sticks.
4. Put a stick, seasoned side down, on work surface. Grasp an end in each hand and twist several times to make a twist with seasoned side out. Transfer to prepared baking sheet, pressing ends into parchment to keep twists from unrolling. Repeat with remaining sticks.
5. Sprinkle remaining tablespoon Parmigiano-Reggiano cheese over sticks. Roll sticks gently to pick up and press in any dropped cheese. Twist and stretch as needed to make them similar in length.
6. Bake 10 minutes; flip once, and continue baking until browned and crisp, 15 to 20 minutes more. (If stick droops when you pick it up by one end, it's not done.) Serve warm.

Note from Chef John: The tighter you twist them, the more dense and crisp they will be. A loose twist will result in a softer, more bread-like stick.

*[**From our kitchen:** You can bake these up to 2 hours ahead, store them at room temperature, and reheat them in a 350°F oven just before serving.]*

PER 1-STICK SERVING 92 CAL; 6.6g FAT (2g SAT); 1.9g PRO; 6.2g CARB; 0.2g FIBER; 86mg SODIUM; 2.5mg CHOL

See twisting tips with just a tap on your phone (details on page 4), or go to **armagazine.com/cheese-sticks-video**

SUBMITTED BY Scratch
PREP 20 min
COOK 15 min
READY IN 35 min
MAKES 16
RATING ★★★★½
17 reviews

SAID

These were so good! I forgot to poke holes in the puff pastry before cooking (and therefore the little buggers really didn't want to stay down after I flattened them), but that didn't affect the taste. —AVZELL

After I put the cheese and parsley on them, I put them back in the oven briefly to soften the cheese. —EBANNE

Be sure to serve immediately, so they will still be warm. —CAITLINCVV

Mini Mushroom and Goat Cheese Tartlets

armagazine.com/mini-mushroom-and-goat-cheese-tartlets

"This is a great little entrée or appetizer. Ideal for a romantic meal for two!" —SCRATCH

- ½ (17.3-ounce) package frozen puff pastry sheets, thawed
- 6 tablespoons butter
- 8 ounces mushrooms, sliced (3 cups)
- 4 cloves garlic, crushed
- ¼ teaspoon black pepper
- 5 ounces goat cheese, crumbled (1 cup)
- 4 teaspoons finely chopped fresh parsley

1. Preheat oven to 400°F. Lightly grease a baking sheet.
2. Unfold pastry on a lightly floured surface and cut into 16 (2-inch) squares, using a pizza cutter or a sharp knife. Prick squares all over with a fork. Transfer to prepared baking sheet.
3. Bake 7 minutes. Flatten squares with back of a spatula. Bake until golden brown, 5 to 8 minutes more.
4. Meanwhile, melt butter in a skillet over medium heat. Add mushrooms and garlic; cook, stirring, until mushrooms are tender, 5 to 7 minutes. Stir in pepper.
5. Divide mushroom mixture evenly among pastry squares. Top with goat cheese and sprinkle with parsley.

Note from Scratch: If you don't have goat cheese, feta is a good substitute.

*[**From our kitchen:** To make this 2 hours to 1 day ahead, bake the pastry and store in an airtight container at room temperature, and make the mushroom mixture and store in the fridge. Assemble tartlets, then heat through in a 350°F oven a few minutes before serving.]*

PER 1-TARTLET SERVING 159 CAL; 13g FAT (6g SAT); 3.6g PRO; 7.7g CARB; 0.4g FIBER; 123mg SODIUM; 18mg CHOL

Super Easy Hazelnut Pastries

armagazine.com/super-easy-hazelnut-pastries

"Easy to make and very delicious. A wonderful snack for kids!"
–MELISSAAMADOR

- **1 (17.3-ounce) package frozen puff pastry sheets, thawed**
- **11 tablespoons (scant ¾ cup) chocolate-hazelnut spread (such as Nutella)**
- **½ cup finely chopped toasted hazelnuts (optional)**
- **6 teaspoons powdered sugar**

1. Unfold 1 pastry sheet on a lightly floured surface. Spread half of chocolate-hazelnut spread over pastry, leaving a ½-inch border on all sides. Scatter half of hazelnuts (if using) over top. Starting with a short side, roll pastry tightly around filling, stopping in center of dough. Repeat rolling procedure with opposite pastry edge, so second roll meets first roll in center of dough. Brush seam (where rolls meet) with water to moisten, and gently press rolls together. Repeat with remaining pastry sheet and ingredients.
2. Wrap each double-roll log in wax paper or plastic wrap, and freeze until firm enough to slice, about 1 hour.
3. Preheat oven to 375°F. Lightly grease 2 heavy, rimmed baking sheets. Cut each roll crosswise into ½-inch-thick slices with a serrated knife; transfer slices to baking sheets, spacing about 1 inch apart, and sprinkle with powdered sugar. Bake until edges are golden brown (middles will still be pale), about 20 minutes.

[From our kitchen: These can be made 2 days ahead and kept in an airtight container at room temperature.]

PER 1-PASTRY SERVING 91 CAL; 6g FAT (1g SAT); 1g PRO; 9g CARB; 0.2g FIBER; 35mg SODIUM; 0mg CHOL

YOU SAID

Instead of sprinkling the pastries with powdered sugar, I sprinkled them with leftover chopped hazelnuts. They turned out yummy, although they are kind of expensive to make. I would save them for a special occasion. They would look stunning on a Christmas cookie tray! —ALI

These were very good. I used granulated sugar instead of powdered for the top, and it was just fine. I will make these again for sure. —FATMANWHOCOOKS

SUBMITTED BY MelissaAmador
PREP 20 min
COOK 20 min
READY IN 1 hr, 40 min (includes chilling)
MAKES 40
RATING ★★★½
12 reviews

SUBMITTED BY KMKLANG
PREP 10 min
COOK 35 min
READY IN 1 hr, 10 min
MAKES 12
RATING ★★★★½
50 reviews

Baked Brie with Apple and Caramelized Onions

armagazine.com/baked-brie-with-apple-and-caramelized-onions

"I got this recipe from my boyfriend's sister. It is absolutely amazing and very easy to do. Spend a little bit of time preparing and a lot of time enjoying! You can also garnish it with candied walnuts." —KMKLANG

- **5 tablespoons butter**
- **1 onion, sliced**
- **1 Granny Smith apple, peeled, cored, and sliced**
- **½ (17.3-ounce) package frozen puff pastry sheets, thawed**
- **1 (8-ounce) round Brie cheese**

1. Melt butter in a skillet over medium heat. Set aside 1 tablespoon melted butter. Add onion and apple to remaining butter in skillet, cook, stirring, until tender and brown, 10 to 15 minutes. Let cool 20 minutes. *[From our kitchen: Add a pinch of salt and black pepper here, if you like.]*
2. Preheat oven to 400°F. Unfold pastry on a lightly floured surface, and set Brie in center. Top Brie with apple-and-onion mixture. Brush pastry edges with water to moisten. Fold pastry over top of Brie, and pinch edges closed to seal. Brush with reserved tablespoon melted butter. *[From our kitchen: You could also brush with a little lightly beaten egg here for more insurance against Brie leaks.]*
3. Bake until golden brown, 25 to 30 minutes. Let cool 5 minutes before serving.

PER SERVING (1/12 OF ROUND) 230 CAL; 18g FAT (8.3g SAT); 5.6g PRO; 12.2g CARB; 0.8g FIBER; 213mg SODIUM; 32mg CHOL

Chicken Curry Puffs

armagazine.com/chicken-curry-puffs

"Great as appetizers or snacks, these are spicy and savory, with a subtle coconut milk base. In Malaysia, they are traditionally deep-fried. But here's a modern, oven-baked version." —ARGUS

SUBMITTED BY argus
PREP 30 min
COOK 50 min
READY IN 2 hr (includes cooling)
MAKES 18
RATING ★★★★½
12 reviews

- 1 tablespoon vegetable oil
- 2 teaspoons curry powder
- ½ teaspoon ground coriander
- ½ teaspoon ground turmeric
- ½ teaspoon ground cumin
- ½ cup coconut milk, or more as needed *[From our kitchen: We used ¾ cup total.]*
- 2 medium red onions, chopped (2 cups)
- 1 stalk lemon grass, trimmed of outer layers and finely chopped (about ¼ cup) *[From our kitchen: If you can't find fresh lemon grass, you can omit it or use ½ teaspoon grated lime zest instead.]*
- 1 fresh red chile pepper, roughly chopped
- 1 large russet potato, diced
- ¾ pound skinless, boneless chicken breast, cut in ½-inch pieces
- ¾ teaspoon salt
- 1 (17.3-ounce) package frozen puff pastry sheets, thawed

1 Heat oil in a heavy 4-quart saucepan over medium-low heat. Stir in curry, coriander, turmeric, and cumin; cook until fragrant, a few seconds. Stir in coconut milk, onions, lemon grass, and chile pepper; cover and cook until vegetables are tender, about 7 minutes. Stir in potato and continue cooking, covered, stirring occasionally and adding more coconut milk if mixture becomes too dry, for 12 minutes. Stir in chicken and salt. Turn heat to low and cook, covered, stirring occasionally, until chicken is cooked and potato has absorbed most of liquid, about 5 minutes. Spread onto a plate and cool 30 minutes. *[From our kitchen: You can make the filling up to 2 days ahead and chill, covered.]*

2 Set racks in upper and lower thirds of oven, and preheat oven to 375°F. Line 2 baking sheets with parchment paper. Unfold puff pastry on a lightly floured surface, and cut each sheet into 9 squares. Brush corners of each square with water to moisten. Put a heaping tablespoon of filling in center of each square. Gather 4 corners of pastry and pinch together at top, forming a small pouch. Repeat with remaining pastry and filling. Transfer to prepared baking sheets, spacing 1 inch apart. *[From our kitchen: We had about 1½ cups filling left over, perfect over rice another day.]*

3 Bake until golden brown, 25 to 30 minutes. Cool on baking sheets 10 minutes before transferring to a wire rack. Serve warm or at room temperature. *[From our kitchen: You can assemble and bake the puffs up to 2 hours ahead of serving.]*

PER 1-PUFF SERVING 205 CAL; 12.6g FAT (3.6g SAT); 6.5g PRO; 16.1g CARB; 0.9g FIBER; 190mg SODIUM; 12mg CHOL

SAID

I didn't have lemongrass or red chile pepper at home, but I did have a red curry paste that I stirred in with the coconut milk. It added just the right flavor. —LOLALA

I brought these to a potluck, and everyone loved them! I made the curry one night and threw them in the oven after coming home from work the next. The key is to serve them at room temperature. After cooling a little, they were great. And without the chicken, these are great vegetarian snacks! —REEMAP

This is so good that we eat the leftover filling straight from the pan as the puffs bake. To keep the puffs from opening during baking: Use enough water when moistening the corners, make sure to squish the corners of the pastry together, and don't overfill them. —NKPEBRAF969

Barking Up The Right Tree

How an Idaho seamstress became a chocolat er

By onesmartcookie

Cyndi Arno was just being her usual crafty self, making peppermint bark as a holiday gift for friends and customers. She had found the recipe in a magazine. It had white chocolate and peppermint oil, with crushed peppermint candy on top. Cyndi made the recipe her own, adding a bottom layer of dark chocolate for depth.

At Christmastime, she filled a basket with small bags of the sweets and set them out for clients to take as they left her sewing studio. Over and over, they poked their heads back inside, asking, "What *was* that?"

"That" was the candy that spurred Cyndi to launch a chocolate-bark business, Arno Confection Perfection, in Twin Falls, Idaho. She now sells more than a dozen seasonally changing flavors through regional stores, Nordstrom coffee and espresso bars, and her website (arnoconfectionperfection.com). Her handmade chocolate bark is even stocked in the break room at tech giant Twitter.

"It's exciting when people taste something you made and just light up," she says.

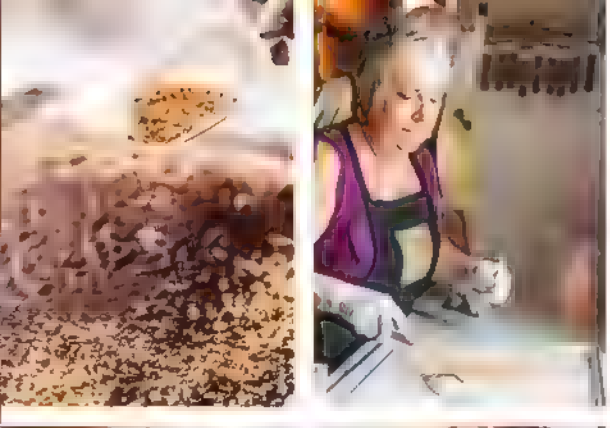
Cyndi, 57, always has had a creative mind. She remembers hovering at age 9 over her mother's shoulder to watch her sew. When she first saw Martha Stewart on television, she couldn't figure out what the big deal was: Isn't everyone like Martha?

She tweaks recipes so often that her kids teasingly refer to dinner as Cyndi's Surprise. Browsing at a hardware store inspires a list of new projects. "I see something, and my mind automatically elaborates on it," she says. "I want to turn it upside down, put a top on it, and see what else I can do with it."

She s had a variety of jobs over the years, working as a furniture upholsterer, a bank auditor, a property manager, and a seamstress. She was a stay-at home mom with two kids in the late 1980s when she had her first taste of entrepreneurial success. She made hair bows with interchangeable decorations and sold them at craft shows. A sales rep got her bows into two department stores, and Cyndi later sold the business to a larger company because she couldn't keep up with orders.

After hearing rave reviews about Cyndi's peppermint bark, her husband, Rob, encouraged her to turn it into a business.

At the time, she was working as a seamstress in Hailey, Idaho, a ski resort area where upscale clients asked her to tailor $500 jeans and make drapes from special-order Italian fabric. She worried that peppermint bark had a short sales season, but her brain got clicking



Cyndi makes about a dozen seasonally rotating flavors of chocolate bark. She uses a rotary cutter to score the bark; then she and her husband, Rob, break it into neat rectangles.

WHEN WORKING WITH CHOCOLATE

Cyndi says it's best to:

- Keep your kitchen cool (55°F to 65°F).
- Use a dehumidifier, or plan ahead to avoid working with chocolate during damp weather.
- Melt chocolate in the microwave in 1- to 2-minute bursts at partial power.
- Use a fan to help cool finished chocolate pieces.

SO, YOU WANT TO BE A CHOCOLATIER?

Cyndi's advice to newbies:

- Be inquisitive. Read everything you can—even if it's not about your line of work—to glean ideas and information. Ask questions and soak up advice from industry insiders who will share. Inspect product packaging and explore flavors wherever you are—at a wine tasting or in the checkout lane at the grocery store.
- Be positive. Developing bark recipes took tons of trials. "You just have to think: 'There's going to be a silver lining in this. I don't see it right now, but I'm just going to be confident.'"
- Be devoted. "You're going to work like you never did for anyone else."
- Be open to feedback. Cyndi made her bark labels herself until a buyer provided frank input, noting that her candy outclassed her packaging.

when she saw hard-candy sticks in an assortment of fruit flavors: What if I go beyond peppermint?

The business idea got a confidence boost in 2009 when Cyndi's bark placed second in a local chocolate competition.

But she and Rob soon began learning the finicky nature of chocolate. Bark is typically made by topping a slab of chocolate with ingredients such as candy, nuts, or fruit. The finished candy, often broken into pieces, mimics the rough texture of tree bark.

While Cyndi's small batches worked just fine, when the couple decided to see how much they could make in one day, the finished bark crumbled. Cyndi searched the Internet to figure out what went wrong. That's how she learned about tempering chocolate—melting and preparing it at the right temperature to crystallize the cocoa fat, giving the finished chocolate a shiny surface and a snappy texture that holds up over time. Most home cooks don't need to worry about this step because their treats have a short shelf life. But it's crucial for a chocolate business.

Cyndi also looked to other chocolatiers and trade shows to figure out how to manage her persnickety ingredient. She bought professional tempering machines that melt 10 pounds at a time. She learned to start early on summer days to beat humidity, and she figured out how to ship year-round.

"The chocolate is the boss," she says. "You have to keep the chocolate happy."

Her barks are densely sprinkled with crushed or minced toppings (from fruit to nuts to crunchy candies and sea salt), so you get a taste of them in every bite. Cyndi says it took time to perfect when and how to sprinkle toppings to get them to set right and not fall off when the bark is broken.

Traditional bark has irregular edges, and Cyndi broke hers into pieces by hand

PHOTOS: HATCH AND MAAS COLLECTIVE

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at first. "I was going to have arthritis if I kept that up," she says. She found a professional cutting device that looks like a rolling pin with many evenly spaced pizza cutter–esque blades. Her brother, who owns a steel fabrication company, made her a few more. The tool scores the chocolate into rectangles that are then easily snapped into even pieces.

Cyndi worked from her home kitchen, with the health department's approval, before renting a commercial kitchen from a coffee shop in Hailey. Eventually, high rents in the area led the Arnos to move to Twin Falls, where they could afford their own commercial kitchen.

At first, 90% of her sales were in the three months before Christmas. But business has grown tenfold since then, and Cyndi now makes her living year-round by making bark.

Customers buy candy from her website as personal treats, corporate gifts, and even wedding favors. Cyndi's former sales rep helped get the bark offered for sale in Nordstrom espresso bars. Peppermint remains her most popular flavor, followed by salted caramel–almond crunch.

Cyndi says customer feedback shaped her business. She initially made half-pound packages, expecting people to purchase them as gifts. But customers encouraged her to offer smaller packages so they could avoid eating so much in one sitting. And though she still offers larger gift boxes, the 1.8-ounce bars she created in response are now her top seller.

When a new fan of her lemon bark (white chocolate with a tangy, crunchy coat of crushed lemon candy on top) suggested a margarita variation with lime candy and sea salt, Cyndi had it available for sale within two weeks.

Two years ago, Cyndi received a call from a buyer who stocks employee break rooms at Twitter and other California tech companies. The caller wondered: Could she ship 180 pounds of bark—tomorrow? It was the largest single order Cyndi had received. She calmly asked if she could send 60 pounds one day and the rest the next, and then promptly got to work.

Twitter now orders 200 pounds a month, and even held a contest for employees to create a flavor. The winner was a dark chocolate bark studded with walnuts, almonds, pistachios, a hint of orange, and a touch of savory spice, called Ihara's Trail.

Cyndi often totes samples in her off hours—she left some behind during a recent winery tour—and she supports a long list of local charities with donated sweets. An Albertsons grocery-store executive who tried it at a fund-raiser now sells her bark in six Idaho stores. (Now that's karma.)

"You throw the chocolate at every opportunity," Cyndi says. "You have to see where it sticks."

Believe it or not, Cyndi hasn't become a chocoholic herself. Tart and tangy is more her style—one reason she created lemon and raspberry-lemonade barks. She limits herself to a single piece of dark chocolate every day, and she has no shortage of volunteer tasters.

"When you have a chocolate business," she says, "you have a lot of friends."

WHEN SHIPPING CHOCOLATE

Label the package as perishable, and choose a two-day shipping method, Cyndi advises. Then check both days' forecast for your location, the shipping route, and the destination, and wrap the package to suit the full temperature range.

- If it's between 30°F and 60°F, put packaged chocolate in a box with packing peanuts.
- If it's below 30°F or between 60°F and 80°F, wrap packaged chocolate in insulated wrap, sealed with tape, before boxing it with packing peanuts.
- If it's above 80°F, tape a frozen gel pack to a piece of cardboard. Put the cardboard against the packaged chocolate. Wrap this bundle with insulated wrap one or two times, and seal with tape. Put the wrapped bundle in a box with packing peanuts.

Breakfast Casserole: Go Healthy or Indulge?

They say breakfast s the most mportant meal of the day So, somehow, in between ho day shopping, giftwrapping, parties, and cookie bak ng, you're supposed to f nd time to make and eat a hearty breakfast That got us thinking about breakfast casseroles—those one-dish wonders—and we decided to have a face-off· a tradit ona , home-sty e favorite that sets up overn ght, and a hea th er egg-wh te version that's made in the morn ng. One of them is sure to wind up on your fam ly's wish st

Turkey Sausage Breakfast

armagaz ne com/turkey-sausage breakfast

"My mom taught us this healthified version of a classic breakfast casserole." —DANALO

- 1 pound ground turkey sausage
- 8 large egg whites, lightly beaten
- 4 green onions, finely chopped
- 1 (16-ounce) package frozen hash brown potatoes
- ½ cup 1% milk
- 4 ounces reduced-fat shredded cheddar cheese
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Preheat oven to 350°F
2. Cook sausage in a large, deep sk l et over mediu m h gh heat, stirring and breaking up lumps, unti evenly brown. Drain and crumble into a large bowl
3. Add egg whites, green onions, hash browns, mi k, cheese, salt, and pepper to cooked sausage, stirring until combined well. Pour mixture into a 9x13-inch baking dish. Bake 1 hour

PER 5.2-OUNCE SERVING 246 CAL; 11.5g FAT (4.3g SAT); 22g PRO; 12.4g CARB; 1.5g FIBER; 655mg SODIUM; 235mg CHOL

SUBMITTED BY Danalo
PREP 15 min
COOK 45 min
READY IN 1 hr
SERVES 8 (makes one 9x13-inch casserole)
RATING ★★★★½ 72 reviews

go healthy

YOU SAID

I've been rolling up the leftovers in a tortilla for a super-fast breakfast burrito, perfect for on the go. —MISS LOO

Took this to work, everyone raved. Little did they know it was so easy to make. —DDHART

Good basic breakfast casserole. Next time, I would brown the hash browns a bit in a skillet before adding them to the mix. As others mentioned, I would add green and red peppers to it as well. —KRISTI

I add tomatoes and sliced black olives, and I use croutons instead of hash browns. I've made this casserole so many times, I've lost count! —DANJLN

PROS

- ✚ Th s d sh is a cinch to make—the hardest part is browning the sausage.
- ✚ You may a ready have al of these staple ngredients in your k tchen!
- ✚ 246 calor es and 4.3g saturated fat wi l keep your ho iday waist ine in check.

CONS

- ➖ At 1 5g, this d sh is fa rly low in fiber Toss in some spinach or serve with fruit to get your da y dose!
- ➖ Some preferred the hash browns browned before mixing in step 2, to avoid undercook ng
- ➖ The egg whites make this dish a bit pale, but the taste makes up for it

SUBMITTED BY M.K. Meredith
PREP 25 min
COOK 1 hr
READY IN 9 hr, 25 min (includes chilling)
SERVES 8 (makes one 9x13-inch casserole)
RATING ★★★★½ 1,038 reviews

PROS

+ With 19.3g, it's a great protein hit to start the morning.
+ It's easy to customize. Toss in mushrooms, peppers, or onions for extra flavor.
+ Mustard powder boosts the cheesy flavor—yum!

CONS

− Pork sausage is often salty, so watch your sodium for lunch and dinner.
− High fat (28g) and low fiber (0.6g) per serving.
− Some found it a bit bland—use spicy sausage to jazz it up!

indulge

Christmas Breakfast Sausage Casserole

armagazine.com/christmas-breakfast-sausage-casserole

"My mom has always made this for us on Christmas morning, and since we only have it once a year, it makes it even better. When I double the recipe, I use 1 pound regular sausage and 1 pound sage sausage." —M.K. MEREDITH

- **1 pound ground pork sausage**
- **4 large eggs, beaten**
- **2 cups milk**
- **1 teaspoon mustard powder**
- **½ teaspoon salt** *[From our kitchen: Sausage can be pretty salty, so we recommend reducing to ¼ teaspoon, or only salting to taste.]*
- **6 slices Italian or sourdough bread, toasted and cut into cubes** *[From our kitchen: Steer clear of plain white bread; it gets too soggy.]*
- **8 ounces mild cheddar cheese, shredded**

1. Grease a 9x13-inch baking dish.
2. Cook sausage in a skillet over medium heat, stirring and breaking up lumps, until evenly brown; drain.
3. Mix together eggs, milk, mustard powder, and salt in a bowl. Add sausage, bread cubes, and cheese, stirring to coat evenly. Pour into prepared baking dish, cover with foil, and chill 8 hours (or overnight).
4. Preheat oven to 350°F.
5. Bake, covered, for 45 minutes. Uncover, reduce oven temperature to 325°F, and bake until set, about 15 minutes more. Let stand 5 minutes before serving.

PER 5.2-OUNCE SERVING 399 CAL; 28g FAT (12.7g SAT); 19.3g PRO; 15.4g CARB; 0.6g FIBER; 774mg SODIUM; 154mg CHOL

See how easy it is to whip this together. Bring now (details on page 4), or go to **armagazine.com/christmas-breakfast-sausage-casserole-video**

YOU SAID

Use sharp or at least medium cheddar for best flavor. I have so many requests for this recipe that I keep copies on hand. —AWALTERS

So tasty, so easy, so great! I've made this three times (for a houseful of company each time), and it's always a hit. It's also really nice to be able to visit in the morning instead of standing at the stove. These are generous servings, and thank goodness—everyone goes for seconds! I've tried the half regular-half sage sausage combo as suggested, but my favorite is to just use Jimmy Dean Maple-flavor sausage—heavenly! —LISAKP71

This is wonderful on a cold December morning, especially at Christmas. The bread does not have to be toasted or cut up. You can just cut the crusts off and make one layer on the bottom of the baking dish and pour the egg mixture over it. I sometimes sauté chopped onion with the sausage, and have added mushrooms. —BROOKE

PHOTOS: KATE SEARS. FOOD STYLING: PAULA GRIMES. PROP STYLING: KATE PARSIAN

We want to see how your breakfast casserole turns out! Use **#MyAllrecipes** when sharing your pics on Instagram or Twitter

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HOMEMADE FOR THE HOLIDAYS

The holiday season is the perfect time to whip up a new recipe to share with family and friends. **PAM® Original** cooking spray is an essential ingredient to have in the pantry before you start baking this decadent dessert.

SOPAPILLA CHEESECAKE PIE

Prep: 15 minutes Cook: 45 minutes Servings: 12

INGREDIENTS

PAM® Original cooking spray
- 2 (8 ounce) packages, softened cream cheese
- 1 cup white sugar
- 1 teaspoon Mexican vanilla extract
- 2 (8 ounce) crescent roll cans, refrigerated
- ¾ cup white sugar
- 1 teaspoon ground cinnamon
- ½ cup butter, room temperature
- ¼ cup honey

DIRECTIONS

1. Preheat an oven to 350° F (175° C). Prepare a 9x13 inch-baking dish with **PAM® Original** cooking spray
2. Beat the cream cheese with 1 cup of sugar and the vanilla extract in a bowl until smooth
3. Unroll the cans of crescent roll dough, and use a rolling pin to shape each piece into 9x13 inch rectangles. Press one piece into the bottom of a 9x13 inch-baking dish. Evenly spread the cream cheese mixture into the baking dish, and then cover with the remaining piece of crescent dough. Stir together ¾ cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cheesecake
4. Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares

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From Persia, With Love

Allrecipes community member Fauzia Batarseh serves up more than a delicious lamb dish—she's honoring her rich cultural background

SUBMITTED BY fauzia
PREP 1 hr (includes soaking chiles)
COOK 1 hr, 50 min
READY IN 2 hr, 50 min
SERVES 6
New recipe! Go online to rate and review!

When I was about 13 years old—before we left Iran for the United States—my grandmother began enlisting me to grind the spices for this flavorful, fragrant stew, a blend of Persian and Indian cuisine. She had learned the recipe from a friend living in India, and it quickly became a favorite with our family. These days, when I make it at home, I occasionally modify a few things here and there—such as substituting chicken, pork, or even vegetables like eggplant for the lamb—but my grandmother's way is always the best.

Fauzia Batarseh

When she died 12 years ago, the recipe became even more priceless to me. When friends ask me for a copy, I am so happy to share its story with them. If recipes are not shared, they and the many memories that come with them will just fade away. —FAUZIA

Grandmother's Lamb

armagazine.com/grandmothers-lamb

"This is delicious served with hot basmati rice." —FAUZIA

FOR CHILE PASTE

- **1 teaspoon cumin seeds**
- **6 dried red chile peppers (preferably Kashmiri), stems removed** *[From our kitchen: If you can't find Kashmiri peppers, substitute 3 tablespoons paprika and ⅛ teaspoon cayenne pepper.]*
- **¼ cup cider vinegar**
- **1 clove garlic, coarsely chopped**

FOR LAMB

- **3 tablespoons vegetable oil**
- **2 onions, finely chopped (2 cups)**
- **2 teaspoons ginger-garlic paste** *[From our kitchen: You can find this at specialty stores, or substitute 1 clove finely minced garlic and 1 teaspoon dried ginger.]*
- **5 tablespoons tomato paste**
- **¼ teaspoon cayenne pepper, or to taste**
- **¼ teaspoon turmeric**
- **¼ teaspoon cinnamon**
- **¼ teaspoon ground cloves**
- **2 pounds boneless lamb shoulder, cut into 1½-inch pieces**
- **1 teaspoon salt**
- **3 cups water**
- **⅓ cup chopped fresh cilantro, for garnish**

Make chile paste:

Toast cumin seeds in a dry skillet over medium heat, stirring constantly, until fragrant and a shade darker, about 1 minute. Transfer seeds to a bowl and let cool. Grind seeds with a mortar and pestle or in a spice grinder. *[From our kitchen: Toasting spices really brings out their best flavor, but if you're short on time, substitute 1 teaspoon ground cumin.]*

Soak chile peppers in vinegar in a bowl until soft, about 1 hour.

Pulse chiles with vinegar, cumin, and garlic in a blender or food processor until it's a paste-like consistency, 30 seconds to 1 minute. *[From our kitchen: This makes about 3 tablespoons of chile paste. Leftovers can be refrigerated for 2 weeks or frozen for several months. Add lime juice and olive oil for a quick marinade, or toss it with steamed veggies.]*

Make lamb:

Heat oil in a large pot over medium heat; add onions and cook, stirring, until lightly browned, about 10 minutes. Stir in ginger-garlic paste and 1 teaspoon chile-paste mixture. Reduce heat to medium-low and cook 5 minutes, stirring occasionally. Add tomato paste, cayenne, turmeric, cinnamon, and cloves. Reduce heat and cook, stirring occasionally, 20 minutes.

Stir in lamb and salt, and cook 20 minutes. Add water and bring to a boil. Reduce heat and simmer until lamb is tender and sauce has thickened, about 45 minutes. Skim off fat, if necessary. Garnish with chopped cilantro.

[From our kitchen: We thought the lamb was easier finished in the oven instead of on stovetop. Follow directions through step 4, using a deep ovenproof skillet. After bringing lamb and sauce to a boil, cover and bake at 350°F for about 1½ hours. This will increase cooking time by about 40 minutes.]

PER SERVING (¾ CUP MEAT AND ¼ CUP SAUCE) 313 CAL; 16.7g FAT (5.1g SAT); 32g PRO; 9g CARB; 1.9g FIBER; 425mg SODIUM; 108mg CHOL

Do you have a favorite family recipe with an interesting story behind it? Shoot us an email at **feedback@armagazine.com**

LAMB PHOTO: KARLA CONRAD; FOOD STYLING: CARRIE PURCELL; PROP STYLING: JOHN HELLANDER; PORTRAIT COURTESY OF FAUZIA BATARSEH

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Welcome to

Candyland

Christmas is not built on cookies alone:
The holidays wouldn't be the same without
peppermint bark, fudge, or peanut brittle.
Luckily, you don't have to travel through
a candy cane forest or a sea of swirly,
twirly gumdrops to get your sugar fix.
Here are eight easy recipes
for classic holiday candies.

ILLUSTRATIONS BY TATJANA MAI-WYSS. PHOTOS BY KATE SEARS

ENGLISH TOFFEE

armagazine.com/english-toffee

"This candy tastes wonderful and takes about 15 minutes to make. One year for Christmas, my sister and I made three batches in an hour. I use a cast-iron skillet and sometimes add just a few of the almonds early to help gauge the color and readiness." —NORA

- **1 cup butter, plus additional for greasing pan and spatula**
- **1¼ cups sugar**
- **2 tablespoons water**
- **⅛ teaspoon salt**
- **¼ cup slivered almonds** *[From our kitchen: We pulsed an additional cup of slivered almonds in a food processor, and pressed them into the top of our candy.]*
- **1 cup high-quality chocolate chips (6 ounces)**

1 Butter a 10x15-inch jelly roll pan. Melt 1 cup butter in a deep, heavy skillet or large saucepan over medium heat. Add sugar, water, and salt, and cook, stirring, until sugar is dissolved. Bring to a boil; simmer, stirring frequently, until mixture is the color of a brown paper bag and temperature registers 300°F on a candy thermometer, 5 to 6 minutes. Remove from heat, stir in almonds, and pour mixture into prepared pan. *[From our kitchen: Smooth the top with a buttered heatproof spatula. With a paper towel, carefully blot the top (mixture is hot) to remove any excess butter.]*

2 Immediately scatter chocolate chips on top. Let stand until melted, about 1 minute, then spread evenly over top. *[From our kitchen: We pressed our ground almonds into the chocolate here.]* Cool to room temperature, then chill 20 minutes before breaking into pieces. Layer between wax paper in an airtight container and store in refrigerator up to 2 weeks.

PER 1.75-OUNCE SERVING 222 CAL; 15.5g FAT (9.2g SAT); 0.9g PRO; 22.6g CARB; 0.8g FIBER; 101mg SODIUM; 31mg CHOL

> *"As a first-time toffee-maker, I was a little nervous. But this recipe couldn't have made an easier or a more wonderful batch.* —MORGEANNA
>
> *Do not succumb to the temptation to add less butter. The butter is the star, and real toffee is crammed full of it.* —BARICAT
>
> *Make this on a dry day so the toffee won't be sticky.* —MOMMYFROMSEATTLE

SUBMITTED BY nora
PREP 5 min
COOK 10 min
READY IN 55 min (includes chilling)
MAKES 1¾ pounds
TASTE BUDS
★★★★
115 reviews

FOOD STYLING PAUL GRIMES

SUBMITTED BY Dana
PREP 5 min
COOK 5 min
READY IN 2 hr, 10 min (includes chilling)
MAKES 32 pieces (about 2 pounds)
RATING
★★★★½
848 reviews

DANA'S FUDGE

armagazine.com/danas-fudge

"Family and friends will think you worked forever on this. To make peanut butter fudge, you can use peanut butter chips instead of all or some of the chocolate." —DANA

- **3 cups semisweet chocolate chips (18 ounces)**
- **1 (14-ounce) can sweetened condensed milk**
- **¼ cup butter**
- **1 cup chopped walnuts (optional)**

1. Generously grease an 8x8-inch baking dish or pan. *[From our kitchen: While not absolutely necessary, lining pan with a crisscross of greased parchment or wax paper makes it easier to lift out cooled fudge for cutting later.]*
2. Put chocolate chips, condensed milk, and butter in a large microwavable bowl. Heat in microwave on medium, stirring once or twice during cooking, until chips are melted, 3 to 5 minutes. Stir in nuts (if using).
3. Pour into prepared dish. Chill until set, about 2 hours. Cut into 1x2-inch pieces. Layer between wax paper in an airtight container, and store in refrigerator up to 1 month, or in freezer up to 1 year.

PER 1-PIECE SERVING 204 CAL; 11.3g FAT (5.8g SAT); 3.1g PRO; 23g CARB; 0.3g FIBER; 26mg SODIUM; 8mg CHOL

Save this recipe to your smartphone now (Details on page 4.) Or watch this recipe's how-to video at **armagazine.com/fudge-video**

"I've always been afraid of making fudge. But this was so easy that I am going to put it on my Christmas-candy list from now on. I made one batch with pecans, and one with almonds (small, whole, salted) and coconut flakes (lots of them). Easy peasy! —TRISHA

Because this fudge is so rich, you can cut it into small pieces for gift boxes. All my friends and coworkers are getting some for the holidays, and it only cost me about $5! —BAMAMOMOF3

Be sure to press the melted chocolate down in the dish. My fudge came out with some air bubbles. It still tasted awesome, though. —LYNN

To prevent a grainy texture, premelt the butter, then add the chips and milk, stir, then microwave in 30-second intervals and keep stirring. Takes 3 minutes, max! —LMTROWBRIDGE

Make sure that you use good-quality chocolate chips. —ANNADENNIS

SUBMITTED BY SandyG
PREP 25 min
COOK 5 min
READY IN 1 hr, 30 min (includes chilling)
MAKES 3 dozen
Brand-new recipe! Go online to rate and review it

COOKIES-AND-CREAM TRUFFLES

armagazine.com/cookies-and-cream-truffles

"Cream cheese and chocolate are a perfect combo for melt-in-your-mouth truffles. Adding a little shortening to the chocolate as it melts makes the chocolate more fluid and easier to use for coating. It also makes the chocolate a little shinier once it has set." —SANDYG

- **1 (14.3-ounce) package chocolate sandwich cookies (such as Oreos)**
- **1 (8-ounce) package cream cheese, cubed and softened**
- **16 ounces semisweet chocolate, chopped**
- **1 tablespoon shortening**

1. Pulse cookies in a food processor until they form fine crumbs. Set aside ½ cup crumbs in a small bowl. Line a baking sheet with wax paper. Add cream cheese to remaining crumbs in processor and pulse until well combined. With dampened hands, shape cream cheese mixture into walnut-size balls.
2. Melt chocolate and shortening in a glass bowl in the microwave or in a metal bowl set over a pan of barely simmering water, stirring until smooth. Remove from heat.
3. Dip balls in chocolate mixture and turn with a fork to coat. Lift out with 2 forks, letting excess chocolate drip off. Transfer to prepared baking sheet, and sprinkle reserved crumbs over tops while chocolate is still warm. Chill until firm, about 1 hour.
4. Transfer to individual paper cups or mini muffin liners inside an airtight container, and store in refrigerator up to 2 weeks.

*[**From our kitchen:** For red-and-white-striped truffles, use white chocolate instead of semisweet chocolate for the coating, and skip the crumb topping. Tint remaining coating (left over from dipping the balls) with red gel food coloring, warm it gently, and drizzle over the chilled balls. For brown-and-white-striped truffles, skip the crumb topping, and drizzle chilled balls with melted white chocolate.]*

PER 1-TRUFFLE SERVING 115 CAL; 7.1g FAT (3.5g SAT); 1g PRO; 14g CARB, 1g FIBER; 67mg SODIUM; 7mg CHOL

Great party recipe! I added coconut and chopped walnuts. They were a big hit. —LYNDAINTHEREDWOODS

I made these with a class of preschoolers, and they loved them. We used a toothpick to dip with, as others suggested. Excellent! —MMHARBIN

This was pretty easy to do, but I had to get into the groove. I froze the marshmallows to make dipping easier. I think next time I'll throw some toasted coconut into the cereal. —MICHELLEBEAL

If you put each marshmallow on a lollipop stick and wrap the finished candy in cellophane, these make great class gifts for kids in school. —CAIROTAIVA

This reminds me of a recipe my grandma made when I was young. I did get lazy toward the end, melting the marshmallows and mixing everything to make a crispy-rice treat! —LYNDSAYB

SUBMITTED BY
Tammy
PREP 30 min
COOK 10 min
READY IN 50 min
MAKE
about 5½ dozen
RATING
★★★★½
53 reviews

CRISPY MARSHMALLOW BALLS

allrecipes.com/recipe/crispy-marshmallow-balls

"These are yummy. I only make them around Christmas, so they are a real treat for the whole family. They are also really easy to make, and can be frozen too!" —TAMMY

- **7 cups crispy-rice cereal**
- **1 (14-ounce) can sweetened condensed milk**
- **1 cup butter**
- **30 individually wrapped caramels, unwrapped (8½ ounces)**
- **1 (1-pound) bag large marshmallows**

1. Line 2 large trays or baking sheets with wax paper. Pour cereal into a shallow bowl.
2. Combine condensed milk, butter, and caramels in a metal bowl set over a pan of barely simmering water, and heat, stirring, until melted and smooth. Remove from heat.
3. Dip each marshmallow into caramel mixture using tongs, then roll in cereal. Set on wax paper and let cool completely, about 10 minutes. Transfer to an airtight container, and store at room temperature up to 3 weeks.

PER 1-PIECE SERVING 96 CAL; 3.8g FAT (2.5g SAT); 1.1g PRO; 14.3g CARB, 0g FIBER; 67mg SODIUM; 9mg CHOL

Find a sweet treat for everyone on your list. Blipp to browse 200+ holiday candy recipes (see page 4 for blipp details). Or go to **armagazine.com/christmas-candy**

SUBMITTED BY Carla
PREP 5 min
COOK 20 min
READY IN 35 min
MAKES about 1.4 pounds
RATING ★★★★½
50 reviews

MOM'S PEANUT BRITTLE

armagaz ne com/moms peanut britt e

"Here's the recipe my mom has made for 50 years or so—longer than my oldest sibling can remember!" —CARLA

- **1½ cups sugar**
- **⅔ cup plus 1½ teaspoons water**
- **⅔ cup light corn syrup**
- **2 tablespoons butter, plus additional for greasing pan and spoon**
- **½ cup raw Spanish peanuts**
  [From our kitchen: For a nuttier brittle, use a full cup of peanuts. If you don't care for the skins on raw Spanish peanuts, put the nuts in a towel and rub off the skins. You could also substitute roasted peanuts.]
- **½ teaspoon salt**
- **½ teaspoon vanilla extract**
- **½ teaspoon baking soda**

1 Generously butter a 12x18-inch baking sheet. *[From our kitchen: Make sure to have all the ingredients measured out and ready before you begin the next step. This recipe comes together quickly, and you'll need to be able to react fast.]*

2 Mix sugar, ⅔ cup water, and corn syrup in a deep, heavy skillet or large saucepan. Bring to a boil over high heat, stirring; boil 3 minutes. Cont nue to boil until mixture hits hard-ball stage (when a little bit dropped into a cup of cold water forms a hard ba l—hence the name—or when it registers 250°F on a candy thermometer). Stir in 2 tablespoons butter. *[From our kitchen: The mixture may foam—don't be alarmed.]*

3 Cont nue cooking until m xture turns a l ght-brown color and registers 300°F on candy thermometer (hard-crack stage), about 2 minutes. Remove from heat, and st r in peanuts. Qu ck y m x together salt, vanilla, bak ng soda, and remaining 1½ teaspoons water in a small bowl, st r into hot nut mixture, mixing well.

4 Pour hot m xture onto prepared baking sheet. Use back of a buttered spoon to spread th nly and evenly. Let cool at least 10 m nutes, then break into pieces. Layer between wax paper n an a rtight conta ner, and store at room temperature up to 1 year.

> *Delish and easy! And my first attempt at brittle—or candy for that matter. Not sure how I already had a candy thermometer in my drawer, but I used it all the way up to 300°F. It set up quickly, and I was breaking it into pieces within 10 minutes.* —ANN
>
> *Until the water boils off, the temperature will climb rather slowly. This is normal.* —GOOFGOOF

PER 1-OUNCE SERVING 134 CAL; 3.2g FAT (1.2g SAT); 1g PRO; 26.6g CARB; 0.4g FIBER; 118mg SODIUM; 4mg CHOL

PEPPERMINT BARK

armagazine.com/peppermint-bark

"This layered peppermint bark is a delectable blend of semisweet chocolate, white chocolate, and peppermint. Semisweet, dark, or milk chocolate can be used." —ANDREA

- **25 peppermint candies**
- **8 ounces high-quality semisweet chocolate, broken into pieces**
- **2 teaspoons canola oil** *[From our kitchen: We used 8 teaspoons shortening instead; it made for smoother melted chocolate.]*
- **½ teaspoon peppermint extract**
- **8 ounces high-quality white chocolate, broken into pieces**

1. Lightly grease a 9x9-inch pan and line with wax paper, smoothing out wrinkles. Unwrap candies, and put in a zip-top plastic bag. Seal bag, and finely crush candies with a rolling pin or meat mallet. *[From our kitchen: Do this shortly before you need them or the candies will stick together.]*
2. Put semisweet chocolate and 1 teaspoon oil in a metal bowl set over barely simmering water. Heat, stirring frequently and scraping down sides with a rubber spatula to avoid scorching, until melted. Stir in ¼ teaspoon peppermint extract. Pour into prepared pan, and spread evenly over bottom. Sprinkle half of crushed candies over chocolate. Chill until completely hardened, about 1 hour.
3. Put white chocolate and remaining teaspoon oil in a metal bowl set over barely simmering water. Heat, stirring frequently and scraping down sides with a rubber spatula to avoid scorching, until melted. Stir in remaining ¼ teaspoon peppermint extract. Pour over hardened semisweet chocolate layer; spread evenly. Sprinkle remaining crushed candies over top, and gently press them in. Chill until completely hardened, about 1 hour.
4. Remove from pan; break into small pieces to serve. Layer between wax paper in an airtight container, and store in refrigerator up to 1 month.

PER 1-OUNCE SERVING 211 CAL; 8.6g FAT (4.7g SAT); 1.7g PRO; 34g CARB; 0.9g FIBER; 18.9mg SODIUM; 2.2mg CHOL

Blipp it, watch it, make it! (See page 4 for blipp details.) Or go to **armagazine.com/peppermint-bark-video**

"Very easy to make, very yummy, and a very good gift to give. I found that using candy canes gives the candy a much better look. Canes look more red when crushed; round candies look more white. —MOTHEROFTHREE

I didn't have any mint extract, so after crushing the candies I sifted them and melted the fine crumbs with the white chocolate. Then I sprinkled the bigger pieces on top. It was delicious! —MINTIEFRESH33139

If you put peppermint pieces between the layers, don't use too many. I used a good amount, and when I went to break up the pieces the white chocolate layer came off. They still tasted fabulous. —CCTAYLOR

SUBMITTED BY
Andrea

PREP 15 min
COOK 15 min
READY IN
2 hr 30 min
(includes chilling)
MAKES 1 ½ pounds
RATING
★★★★½
199 reviews

Cacki
PREP 10 min
COOK 5 min
READY IN 25 min
MAKES 20 turtles
RATING
★★★★★
1,049 reviews

PRETZEL TURTLES

armagazine.com/pretzel-turtles

"Quick-and-easy turtle candies!" —CACKI

- **20 mini pretzels**
- **20 chocolate-covered caramel candies (such as Rolos)**
- **20 pecan halves**

1. Preheat oven to 300°F. Line a baking sheet with parchment paper.
2. Spread pretzels in a single layer on prepared sheet. Top each pretzel with 1 caramel candy.
3. Bake until candies melt, about 4 minutes. While still warm, press a pecan half onto each candy-covered pretzel. Cool completely. Layer between wax paper in an airtight container, and store in refrigerator up to 3 weeks.

[From our kitchen: This recipe can be easily doubled, tripled, or quadrupled. You can also make these with miniature Rolos; just use 2 or 3 Rolos per turtle.]

PER 1-PIECE SERVING 82 CAL; 2.2g FAT (0.6g SAT); 1.7g PRO; 14.1g CARB; 0.7g FIBER; 263mg SODIUM; 1mg CHOL

Get chocolate-melting tips with a tap on your phone. Page 4 shows how. Or go to **armagazine.com/how-to-melt-chocolate-video**

These are the simplest treats to make, and yet are so very addictive! I used the square grid-shape pretzels. I topped them with the pecan halves before placing them in the oven so that the pecans could toast slightly as the Rolos softened. —OJAOAJ

I make mine in the microwave. I arrange a circle of nine pretzels (topped with Rolos) on wax paper on top of a small plastic cutting board, microwave about 30 seconds, and squish a pecan half on top of each. Then I just slide the wax paper off onto the counter to cool while I start another batch. I use the whole bag of Rolos while I'm at it. The thing that takes the longest is unwrapping all the candies! —JPALE

> *I used a small cookie scoop to make the balls instead of rolling each one by hand. The scoop made the perfect shape, and each ball was the same size.*
> —DRUMCZARGIRLFRIEND

> *I halved this recipe and used Hershey bars. How yummy! My grandkids can't get enough...and that's exactly why I made them the size of my thumbnail ;0)*
> —MAGGIE MCGUIRE

> *My favorite way to make these is to double the recipe, press the peanut butter part in a 9x9-inch glass pan, pour the melted chocolate over the top, refrigerate, and then cut into small squares when thoroughly chilled, rather than forming and dipping individual balls.* —ALI

Allison O'Brien
PREP 20 min
COOK 5 min
READY IN 1 hr, 25 min (includes chilling)
MAKES 2½ dozen

★★★★½
553 reviews

BUCKEYE BALLS II

armagazine.com/buckeye-balls-2

"These are chocolate-covered balls of peanut butter and powdered sugar."
—ALLISON O'BRIEN

- **1½ cups creamy peanut butter**
- **½ cup butter, softened**
- **1 teaspoon vanilla extract**
- **4 cups sifted powdered sugar**
- **1 cup semisweet chocolate chips (6 ounces)**
- **2 tablespoons shortening**

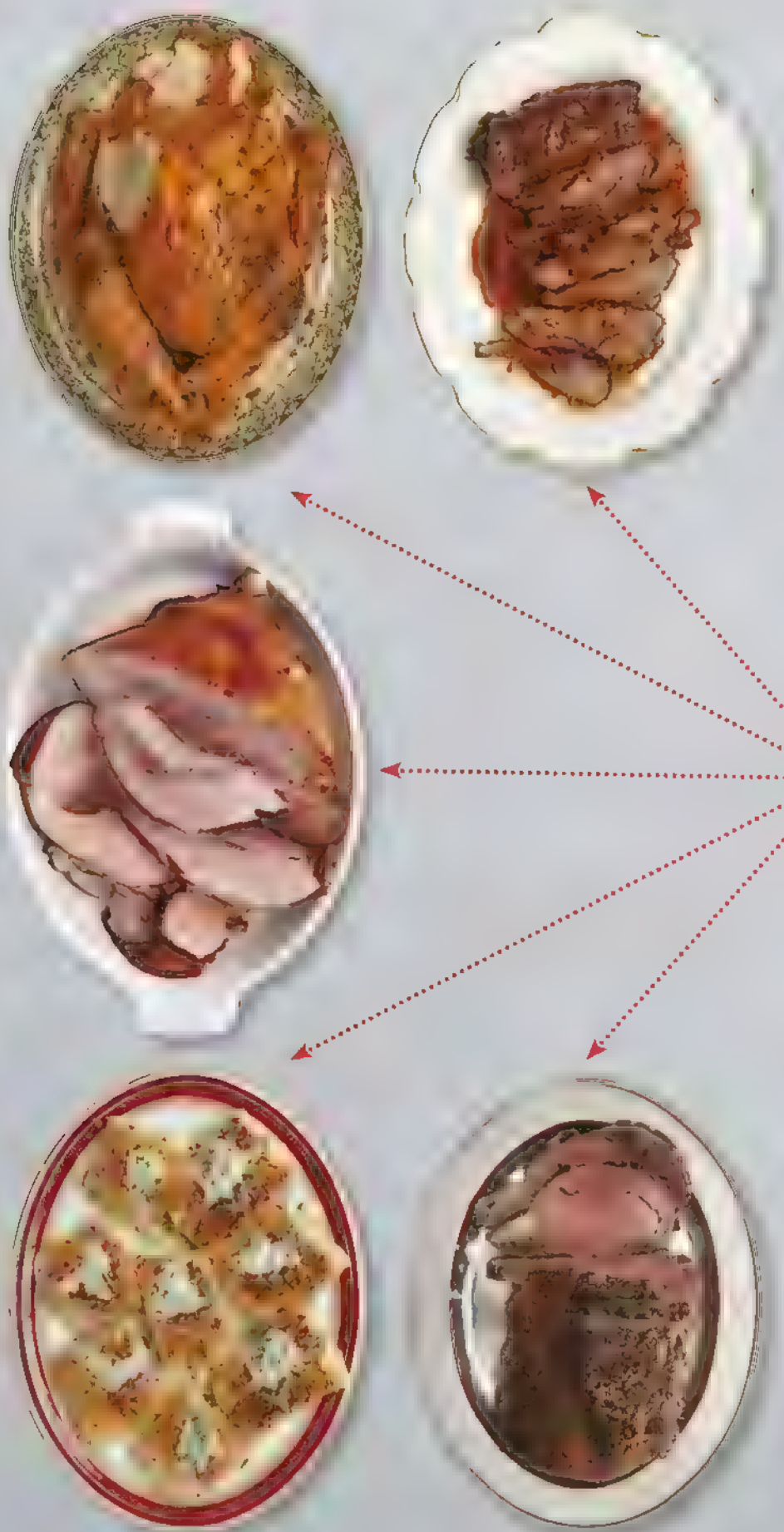
1. Line a baking sheet with wax paper
2. Mix peanut butter, butter, vanilla, and powdered sugar in a bowl until a smooth, stiff dough forms. Shape into balls using 2 teaspoons dough per ball. Transfer to prepared baking sheet, and chill until firm, about 30 minutes.
3. Put chocolate and shortening in a metal bowl set over a pan of barely simmering water. Heat, stirring frequently and scraping down sides with a rubber spatula to avoid scorching, until smooth, about 4 minutes. Remove from heat.
4. Remove balls from refrigerator. Insert a toothpick into each, and dip partially into chocolate mixture, leaving top uncoated. Return to wax paper, chocolate side down, and remove toothpick. Use a finger to smooth top and close hole left by toothpick. Chill until set, about 30 minutes. Layer between wax paper in an airtight container, and store in refrigerator up to 2 weeks.

[From our kitchen: Wondering about the name? These are called buckeye balls because they look a lot like the inedible fruit of the buckeye tree, a cousin of the chestnut tree.]

PER 1-PIECE SERVING 204 CAL, 12g FAT (4.5g SAT); 3.7g PRO; 22.8g CARB; 1.2g FIBER; 81mg SODIUM; 8mg CHOL

MEAT &

Every holiday mea is based around a special-occasion main course—whether that's turkey, ham, beef, or fish—and a potato s dek ck. We've got five ma n-event ideas, plus five special-enough-for-company potato sides that can be mixed and matched any way you like.



POTATOES

PHOTOS BY KATE SEARS

GARLIC PRIME RIB

allrecipes.com 5-STAR RATING

armagazine.com/garlic-prime-rib

"Quick and easy marinade, and so tasty. I was trusted with this recipe, but I can't keep it to myself!" —CHEF MIKE

- **10 cloves garlic, minced**
- **2 tablespoons olive oil**
- **1 teaspoon salt**
- **2 teaspoons black pepper**
- **2 teaspoons dried thyme**
- **1 (6-pound) boneless prime rib roast**
  [From our kitchen: If you like to have bones to nibble on, you'll need a 9- to 10-pound roast with bones, and add 20 minutes to the cooking time.]

1. Stir together garlic, oil, salt, pepper, and thyme in a small bowl; spread mixture all over roast. *[From our kitchen: For the best flavor possible, we recommend chilling the roast overnight once it's rubbed with the garlic mixture, to let the flavors penetrate the meat.]* Put roast, fatty side up, in a rack set in a roasting pan. Let roast sit on counter until it's room temperature, 1 hour.
2. Meanwhile, preheat oven to 500°F.
3. Roast prime rib 20 minutes, then reduce oven temperature to 325°F and continue roasting until prime rib registers 130°F on an instant-read thermometer inserted into thickest part of meat, 1 to 1½ hours more.
4. Allow meat to rest 15 minutes before carving, so it retains its juices. (Internal temperature will rise to 135°F as it rests.)

PER 6.2-OUNCE SERVING 400 CAL; 20g FAT (7.7g SAT); 51g PRO; 1.3g CARB; 0.2g FIBER; 321mg SODIUM; 113mg CHOL

Add this recipe to your shopping list with one tap on your phone (details on page 4)! Or to watch how easy it is to make, go to **armagazine.com/garlic-prime-rib-video**

SUBMITTED BY
Chef Mike

PREP 1 hr, 10 min (includes bringing meat to room temperature)
COOK 1 hr, 30 min
READY IN 2 hr, 40 min
SERVES 12

RATING
★★★★★
1,204 reviews

SAID

I'm still reeling from how good this turned out... better than I've had at any restaurant! I was worried that cooking at 500°F would burn that yummy crust created by the garlic and thyme, but I kept the faith and stuck with it. It turned out nice and crispy—not burned at all. —9ANI

You can't go wrong if you use an instant-read thermometer. I'm making this again for our Christmas dinner. – SOPHIE'S MOM

I followed everyone's advice of 12 minutes at 460°F and 8 minutes at 400°F, then 15 minutes per pound at 325°F. Then I took it out and covered it for 15 minutes. Each piece was the perfect shade of pink inside. Even the ends were juicy. We ate about 1 pound per person because it was too good! —SASSYSIM

We used this rub on roast pork with the most amazing results. Try it! The best poet could not find words to describe how good it is. —CURTISLEE

FOOD STYLING: PAUL GRIMES, PROP STYLING: MARY PAN SLANN

SUBMITTED BY
POMPIER850
PREP 20 min
COOK 45 min
READY IN
1 hr, 5 min
SERVES 5
RATING
★★★★
232 reviews

HASSELBACK POTATOES

armagazine.com/hasselback-potatoes

"This Swedish dish takes its name from Hasselbacken, the Stockholm restaurant where it was first served. The seasoned potatoes turn out crisp on the outside and tender on the inside." —POMPIER850

- **4 (8-ounce) baking potatoes**
- **2 tablespoons butter, melted**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **2 tablespoons finely grated Romano cheese**
- **1 tablespoon seasoned dry bread crumbs**

1. Preheat oven to 425°F.
2. Peel potatoes, and put in bowl of cold water to prevent browning. Working with 1 potato at a time, set potato on a work surface, then put handles of two wooden spoons parallel along sides of potato. Using a sharp knife, make crosswise slices in potato, ⅛ to ¼ inch apart, cutting all the way down to spoon handles, but not all the way through bottom of potato (the slices will stay connected at the bottom; the handles help keep the depth of the cuts even). Return potatoes as cut to bowl of water.
3. Pat potatoes dry, then transfer, cut sides up, to a shallow baking dish or small roasting pan. Drizzle with half of butter, and sprinkle with half of salt and pepper. Bake 45 minutes.
4. Meanwhile, stir together cheese, bread crumbs, and remaining ¼ teaspoon salt and remaining ⅛ teaspoon pepper in a small bowl. Drizzle potatoes with remaining tablespoon butter, and sprinkle with bread crumb mixture. Return to oven, and bake until nicely browned, about 10 minutes more.

[From our kitchen: These are best eaten the same day they're made, they start to go gray if made ahead.]

PER 1-POTATO SERVING 247 CAL; 7.1g FAT (4.4g SAT); 6.1g PRO; 40g CARB; 5.1g FIBER; 229mg SODIUM; 19mg CHOL

SAID

When I put the potatoes in the pan, they weren't fanned out at all, but they fan as they cook (I thought that was pretty cool). So don't force them open at first." —NOBODY'SGIRL

I used olive oil instead of butter and turned the potatoes over for about 5 minutes to crisp up the tops. Once nicely browned, I flipped them again, added quite a bit of fresh bread crumbs seasoned with garlic, onion powder, Italian seasonings, pepper, and lots of parmesan. —LINDA MCLEAN

I left the skins on, and precooked the potatoes in the microwave for about 5 minutes before slicing. This cut back on oven time a lot. I also added a little garlic to each potato, and broiled them the last few minutes to get a nice brown crispy topping. —MAM5016

The next time I make these, I'll season the potatoes on all sides before baking them to add more flavor! —RACHEL

ROSEMARY ROASTED TURKEY

allrecipes.com 5-STAR RATING

armagazine.com/rosemary-roasted-turkey

SUBMITTED BY Star Pooley
PREP 25 min
COOK 4 hr
READY IN 4 hr, 40 min (includes resting)
SERVES 10
RATING ★★★★★ 650 reviews

"This makes your turkey moist and full of flavor. You can also use it for chicken." —STAR POOLEY

- ¾ cup olive oil
- 3 tablespoons minced garlic
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon chopped fresh basil
- 1 tablespoon Italian seasoning
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 (12-pound) whole turkey, thawed (reserve giblets and neck for making stock, if desired)

1. Preheat oven to 450°F
2. Stir together oil, garlic, rosemary, basil, Italian seasoning, salt, and pepper in a small bowl.
3. Rinse turkey inside and out; pat dry. Remove any large fat deposits. Loosen skin from breast by slowly working your fingers between breast and skin (remember to remove your rings.) Work loose to large part of drumstick, being careful not to tear skin.
4. Spread a generous amount of rosemary mixture under breast skin and down thigh and leg using your hand. Rub remainder of mixture over inside and outside of bird. Use toothpicks to secure skin over any exposed breast meat.
5. Put turkey in a rack set in a roasting pan. Add ¼ inch of water (about 3 cups) to pan. Roast turkey 30 minutes. Reduce oven temperature to 325°F, and roast, covering turkey with foil during last hour of cooking, until an instant-read thermometer inserted into a thigh (do not touch bone) registers 165°F, 2½ to 3½ hours more. Let turkey rest 15 to 20 minutes before carving.

PER 6-OUNCE SERVING 596 CAL; 34g FAT (8.3g SAT); 68g PRO; 0.8g CARB; 0.2g FIBER; 165mg SODIUM; 198mg CHOL

See how easy this is with one tap on your phone (details on page 4), or go to **armagazine.com/rosemary-roasted-turkey-video**

SAID

We've been using this recipe for nearly two years, and my boyfriend won't have roast turkey any other way. I rub the turkey the day before cooking, letting it sit in a closed plastic bag in the refrigerator. Also, I like to use a small, wide-mouthed jar with a good lid for blending the rub ingredients, so that I can shake it up from time to time to keep it well mixed. I use ½ cup olive oil instead of ¾ cup, and there's always plenty. —CAROL

A little messy to make, but definitely worth it. Tip: Let the turkey stand at room temperature for about a half hour before starting. —AVOGEY

I brined my turkey last year because everyone said I had to. It was good, but I wasn't blown away. This year I was cooking for my dad, who can only have very minimal amounts of salt. I looked around and decided to try this recipe. It was by far the best turkey I've had in my life. It was so moist and delicious without being overly oily. I don't think I'll ever bother with brining again. —KRISTA

SUBMITTED BY
amanda81
PREP 15 min
COOK 45 min
READY IN
1 hr, 25 min
SERVES 4
RATING
★★★★½
51 reviews

SMASHED POTATOES

armagazine.com/smashed-potatoes

"These are little potato morsels, twice-cooked and infused with flavor. My family asks for them often!"
—AMANDA81

- 1½ pounds small yellow-fleshed potatoes, such as Yukon Gold
- ¼ cup olive oil
- 1 teaspoon butter, melted
- 2 tablespoons balsamic vinegar
- 3 cloves garlic, minced
- 1 teaspoon dried rosemary
- ½ teaspoon dried sage
- ½ teaspoon dried thyme
- ½ teaspoon dried savory *[From our kitchen: Dried savory can be difficult to find; feel free to substitute ½ teaspoon dried marjoram or oregano instead.]*
- ½ teaspoon sea salt
- ½ teaspoon black pepper

1. Put potatoes in a saucepan, cover with salted water by 1 inch, and bring to a boil. Reduce heat and simmer potatoes until tender but not mushy, about 20 minutes. Drain and cool to warm. *[From our kitchen: If it helps you with planning and timing, the potatoes can be boiled a full hour ahead and drained and cooled before baking.]*
2. While potatoes cook, preheat oven to 450°F. Line a baking sheet with parchment paper. Stir together remaining ingredients in a bowl.
3. Arrange potatoes in a single layer on prepared baking sheet, and lightly press down on potatoes with a wooden spoon to partially crush them. Spoon some oil-herb mixture over each potato.
4. Bake until edges of potatoes are beginning to crisp, about 25 minutes. Cool 5 minutes before serving.

[From our kitchen: These potatoes taste best when freshly made, but leftovers can be reheated in a 350°F oven for 10 minutes.]

PER GENEROUS ½-CUP (4.3-OUNCE) SERVING 596 CAL; 34g FAT (8.3g SAT); 6.8g PRO; 0.8g CARB; 0.2g FIBER; 165mg SODIUM; 198mg CHOL

SAID

I noticed some people had trouble getting sauce over all the potatoes. I drained them after boiling, left them in the pot for a bit, then poured sauce over them while in the pot, tossing to coat them well. —MREFFLE

This is so easy to make, yet tastes high-class. It will trick your friends into believing you're a kitchen wizard. I sometimes crumble a little feta on top of the finished product. —CAITLIN M.

I might whiz the herbs in my mini processor and add a little cayenne or Cajun-Creole seasoning. —PELICAN6AL

After draining and cooling the potatoes a little, I tumble them in a bowl with a little butter to coat the skins. Instead of then 'smashing' them, I cut a cross in the top of each, to about halfway through. Then, by using a finger and thumb on each hand to gently squeeze the lower half (press between each cut line), the potato opens up like a flower! This allows the seasoning liquid to flavor the inside of the potatoes more. —CHEFJOHN

SLOW-COOKER HAM

armagazine.com/slow-cooker-ham

"For a delicious, no-fuss ham that is juicy and good, try this slow-cooker sensation with only two ingredients!"
—LITTLEMSTXTHANG

SUBMITTED BY LITTLEMSTX THANG
PREP 10 min
COOK 6 hr
READY IN 6 hr, 10 min
SERVES 12
★★★★½
883 reviews

- **2 cups packed brown sugar**
- **1 (6½-pound) cured, bone-in picnic ham**

Spread 1½ cups sugar onto bottom of a 5- to 7-quart slow cooker. Set ham, flat side down, into slow cooker (you might have to trim it to make it fit). Rub remaining ½ cup sugar over ham. Cook on Low 6 hours. *[**From our kitchen:** Discard the cooking liquid when it's done cooking; it's basically just sweet fat!]*

PER 6-OUNCE SERVING 471 CAL; 20.4g FAT (8.7g SAT); 47g PRO; 26.4g CARB; 0g FIBER; 2,405mg SODIUM; 146mg CHOL

Use your phone to **save this recipe** in your online recipe box right now. See page 4 for details.

SAID

This was the best ham I ever had! I grew up on a hog farm, so I've eaten my fair share of it. It was so juicy and tender, I had to serve it with a spoon because it just fell apart. My husband absolutely loved it and said that I better hold on to this recipe. I think I can remember it, it's so simple. —JAHLERS

The keys to success: Make sure whatever ham you choose fits your slow cooker, and watch carefully after the first 4 or 5 hours. Newer slow cookers seem to cook hotter than the old ones, so be aware. Mine overcooked after 6 hours in a newer, rectangular slow cooker. —KATE

I've made this a couple times, and it's wonderful. You'll get better results with a bone-in butt or shank-portion ham (not spiral-sliced). I pour 6 ounces of pineapple juice in the bottom, put in ham, and only about a cup of brown sugar on top. If you can't get the lid on tight, cover tightly with foil. —MOMOF3GIRLS

SUBMITTED BY BUCHKO
PREP 45 min
COOK 1 hr, 5 min
READY IN 2 hr
SERVES 8
RATING ★★★★½
327 reviews

SCALLOPED POTATOES II

armagazine.com/scal oped-potatoes-ii

"Potatoes layered with butter, milk, and seasonings." —BUCHKO

- **3 pounds baking potatoes, peeled and thinly sliced**
- **Salt and black pepper to taste**
- **9 tablespoons flour**
- **6 tablespoons butter, diced (tablespoon amounts kept separate)**
- **4½ cups whole milk**

1. Preheat oven to 425°F. Grease a 9x13-inch baking dish.
2. Arrange one-third of potatoes in bottom of baking dish. Sprinkle potatoes generously with salt and pepper and 3 tablespoons flour, then dot with 2 tablespoons butter. Repeat layering 2 more times, until all potatoes have been used. Slowly pour milk over potatoes. *[From our kitchen: To make sure flour on the top layer gets moistened, press down gently on potatoes with a spatula to submerge.]*
3. Bake, uncovered, until milk comes to a boil, about 25 minutes. Reduce heat to 375°F, and bake until potatoes are tender, about 40 minutes more. Let potatoes rest 10 minutes before serving.

[From our kitchen: Leftovers reheat well, covered, in a 350°F oven for 15 minutes.]

PER ⅔-CUP (6-OUNCE) SERVING 350 CAL; 13.3g FAT (8g SAT); 8.6g PRO; 50g CARB; 2.8g FIBER; 289mg SODIUM; 37mg CHOL

Blipp it, watch it, bake it! (Page 4 shows how easy it is to do.) Or go to **armagazine.com/scalloped-potatoes-ii-video**

SAID

Eureka! I agree with another reader, this is so much like the scalloped potatoes I enjoyed as a child. A lot of other recipes have cheese in them, making them au gratin potatoes, not true scalloped potatoes. —BY THE LAKE

The key to not having flour lumps is to keep your oven hot enough that the milk vigorously boils. This turbulence breaks up the flour. I followed the recipe exactly—aside from turning up the heat a little—and had no problems. My family loved it! —MOLLY

This recipe is awesome. It is a perfect base to make any "flavored" scalloped potatoes you could possible dream of. Just add whatever spices you wish to either the milk or the layers, and you will never be disappointed. I have done a garlic/onion version, a chive/parsley/basil version, and a cheesy pepper version. You can make it however you want, and it turns out every time! —TUESDAY

WINE-BRAISED BEEF BRISKET

armagazine.com/wine-braised-beef-brisket

SUBMITTED BY RickyBobby
PREP 15 min
COOK 2 hr, 30 min
READY IN 2 hr, 45 min
SERVES 6

★★★★★
17 reviews

"This is yummy the day you make it, but even more delicious the next day."
—RICKYBOBBY

- **1 teaspoon dried thyme**
- **1 teaspoon salt**
- **¼ teaspoon black pepper**
- **1 (3-pound) beef brisket** *[From our kitchen: Look for a fatty piece of meat for the most succulent brisket.]*
- **1 tablespoon olive oil**
- **1 large red onion, sliced (3 cups)**
- **1 (14.5-ounce) can low-sodium beef broth**
- **1 (8-ounce) can tomato sauce**
- **½ cup dry red wine**

1. Preheat oven to 350°F. Mix thyme, salt, and pepper in a small bowl and rub mixture over both sides of brisket.
2. Straddle a roasting pan across 2 burners, then heat oil in pan over medium-high heat. Brown brisket on both sides, 3 to 4 minutes per side. Transfer brisket to a plate (do not clean roasting pan).
3. Cook onion in hot roasting pan, stirring, until slightly softened, about 2 minutes. Stir in broth, tomato sauce, and wine.
4. Put brisket back in pan along with any juices accumulated on plate, and cover pan with foil. Put brisket in oven and cook 1 hour. Remove foil and baste brisket with pan juices. Put foil back over pan and roast until very tender, 1½ to 2 hours more. *[From our kitchen: The pan sauce is delicious, but will need serious degreasing.]*

Note from RickyBobby: If you're going to serve this the next day, let the brisket cool, slice, place it back in the pan with the juices, and cover with foil. *[From our kitchen: We think it's actually better when made a day ahead. Cool brisket in its degreased pan juices, slice it, return it to the juices, and reheat the next day in a 350°F oven for 40 minutes.]*

PER 5.3-OUNCE SERVING (WITH ½ CUP PAN JUICES)
381 CAL; 14.4g FAT (4.6g SAT); 51g PRO; 9.3g CARB; 1.7g FIBER; 797mg SODIUM; 152mg CHOL

SAID

Holy cow this is good! I made it a day before a small get-together and heated it up the next day. The flavor was just astounding. Fantastic recipe.
—JBORIN979

When I read the recipe, I thought the cooking temperature was high for a moist, tender brisket. Wrong! The meat was fork-tender and delicious. I had to substitute tomato paste for the sauce, and chicken broth for the beef broth because that was what was in the house. My family will be on my case to make this again soon. —ZEKWEAN

I used our homemade beef stock in place of broth, which I personally think put this over the top. Instead of basting, I turned the brisket over every 45 minutes or so (a total of four times). There was no need to reduce the gravy, as it cooked down to a perfect consistency—just enough to flavor the buttered noodles I served with this dish. I honestly wish I could have rated it higher, and my family agrees. —APPENCHEF

SUBMITTED BY Lindsay
PREP 20 min
COOK 24 min
READY IN 44 min
SERVES 4 (makes twelve 3-inch latkes)
RATING ★★★★★ 9 reviews

MOM'S POTATO LATKES

5-STAR RATING

armagazine.com/moms-potato-latkes

"Latkes (potato pancakes) are a must at Hanukkah, but really are wonderful any time of year! This is my mother's recipe, which is honestly the best latke I've had. I usually end up having to make a second batch because they disappear so quickly." —LINDSAY

- **1 pound baking potatoes, peeled and shredded (3 cups)**
- **¼ cup grated onion**
- **2 eggs, beaten**
- **6 saltine crackers, or as needed, crushed**
- **1 teaspoon salt**
- **¼ teaspoon black pepper**
- **½ cup vegetable oil, or as needed**

1. Squeeze handfuls of potato and onion in paper towels to remove excess moisture. Stir together potato, onion, eggs, crackers, salt, and pepper in a large bowl.
2. Pour oil to a depth of ½ inch in a 10-inch heavy skillet; heat over medium-high heat until it shimmers.
3. Working in batches of 3 and using 3 tablespoons of potato mixture per latke, drop batter into hot oil, flattening latkes slightly with back of a spoon to uniform thickness. Cook until browned and crisp, 3 to 5 minutes per side. Drain latkes on a paper-towel-lined plate. *[From our kitchen: Batches of latkes can be kept warm in a 200°F oven.]*

[From our kitchen: Latkes taste best when freshly made, but they can be fried and chilled 1 day ahead, then reheated in a single layer on a baking sheet in a 350°F oven for 10 minutes. These pancakes are usually served with applesauce or sour cream; they also make a good lunch dish topped with salsa and crumbled queso fresco (a mild Mexican cheese).]

PER 3-LATKE SERVING 390 CAL; 30g FAT (5.1g SAT); 6g PRO; 24.7g CARB; 2.9g FIBER; 672mg SODIUM; 106mg CHOL

SAID

Thanks for a great recipe, Lindsay. I took your advice and used tongs to grab the potatoes without a lot of liquid. Note: I peeled russet potatoes and put them in cold water in a salad spinner. I used the food processor to grate the potatoes. Then they went back into the cold water. I triple-rinsed the potatoes until the water was no longer starchy. Spin dry, shake, and spin again. —BAKING NANA

I did not add the salt due to my diet, and the latkes were great. I will be making them again. Thank you, Lindsay, for sharing this wonderful recipe. —NADINE

Super delicious, and oh-so-easy. I chopped the onion, then shredded the potato in the food processor. Then I just dumped it into a bowl and added the rest. I used a matzo-ball mix instead of plain flour. —DONNA

Just made it today; easy and delicious. I used EVOO and they were perfect. My wife, who is Thai (Thais generally are not wild about Western food), just loved it. —EXPAT

ALMOND-CRUSTED HALIBUT

armagazine.com/almond-crusted-halibut

SUBMITTED BY Susan W.
PREP 30 min
COOK 25 min
READY IN 55 min
SERVES 6
RATING ★★★★½
298 reviews

"This halibut dish melts in your mouth! The credit goes to my future mother-in-law! If you can find crème fraîche you may substitute it for the heavy cream." —SUSAN W

FOR BEURRE BLANC

- ⅓ cup dry white wine
- 2 tablespoons cider vinegar
- 2 tablespoons minced shallots
- 1 sprig fresh thyme
- 1 bay leaf
- ⅓ cup heavy cream
- 10 tablespoons cold unsalted butter, cut into tablespoon pieces
- 3 tablespoons chopped fresh chives
- 1½ teaspoons fresh lemon juice
- 1 teaspoon salt
- ½ teaspoon black pepper

FOR HALIBUT

- 6 (6-ounce) halibut fillets, about 1-inch thick
- Salt and black pepper to taste
- 2 tablespoons vegetable oil
- 2 tablespoons unsalted butter, 1 tablespoon at room temperature and 1 tablespoon melted
- ¼ cup fresh bread crumbs
- ⅔ cup finely chopped blanched almonds (2.7 ounces)
- 1 egg, lightly beaten

Make beurre blanc:

1. Simmer wine, vinegar, shallots, thyme, and bay leaf in a small saucepan over medium heat until reduced to 1 tablespoon, about 8 minutes. Stir in cream, and boil until liquid is reduced by half; discard thyme and bay leaf. Reduce heat to low, then whisk in butter 1 piece at a time, adding each new piece before previous one has melted completely. Do not allow sauce to simmer, or it may separate.
2. Pour sauce through a fine-mesh sieve into a heatproof bowl. Stir in chives, lemon juice, salt, and pepper. Keep sauce warm by setting bowl into a larger bowl of hot water. *[From our kitchen: You can keep sauce warm this way, whisking occasionally, for 30 minutes.]*

Prepare halibut:

3. Preheat broiler. Pat halibut fillets dry, and season with salt and pepper.
4. Heat oil and room-temperature butter in a large skillet over medium-high heat. Sauté halibut fillets until lightly browned and just cooked through, about 2 minutes on each side. Transfer to a baking sheet, and cool 5 minutes.
5. In a small bowl, stir together bread crumbs, almonds, and melted butter. Brush tops of fillets with egg; spread with almond mixture.
6. Broil fillets until browned, 1 to 1½ minutes (watch closely—every broiler has its own personality!). Transfer fillets to individual plates, and spoon beurre blanc around them.

PER 5.6-OUNCE SERVING (WITH 2 TABLESPOONS SAUCE) 552 CAL; 42g FAT (19.5g SAT); 36g PRO; 5g CARB; 1.6g FIBER; 730mg SODIUM; 193mg CHOL

Use your phone to see how easy this is to make (details on page 4), or go to **armagazine.com/almond-crusted-halibut-video**

SAID

I made the recipe more "diet friendly" by using fat-free half-and-half instead of cream and a low-cal spread for the butter. It's excellent with chicken, too. —SHAYESMOM

I used tilapia instead of halibut ($6.99 vs $16.99 per pound) and saved a bunch. Double the sauce—you'll regret it if you don't! —LWYANCEY

SUBMITTED BY
Pam Anderson
PREP 10 min
COOK 30 min
READY IN 40 min
SERVES 8
RATING
★★★★½
533 reviews

ROASTED NEW RED POTATOES

armagazine.com/roasted-new-red-potatoes

"These are potatoes at their best—plain and simple. Red potatoes are tossed with olive oil, salt, and pepper, and then roasted to perfection."
—PAM ANDERSON

- **3 pounds small new red potatoes, halved** *[From our kitchen: Supermarkets are now carrying lots of varieties of small potatoes, like fingerlings and even purple potatoes, so you're not limited to only red for this recipe.]*
- **¼ cup olive oil**
- **1 teaspoon salt**
- **¼ teaspoon black pepper**

1. Adjust oven rack to lowest position, and preheat oven to 450°F.
2. Toss potatoes with oil, salt, and pepper in a bowl. Arrange potatoes cut-sides down in a 12x17-inch baking pan. Roast until tender and golden brown, about 30 minutes (check for doneness after 20 minutes).

PER 4.5-OUNCE SERVING 179 CAL; 7g FAT (1g SAT); 3.2g PRO; 27.1g CARB; 2.9g FIBER; 301mg SODIUM; 0mg CHOL

Bipp to see how easy this is to make (details on page 4) or go to **armagazine.com/roasted-new-red-potatoes-video**

SAID

We make this all the time. It's an excellent, easy, and quick side dish for any meat. If you are short on time, zap the potatoes in the microwave for 2 to 3 minutes, and then proceed with the recipe—it will be done in half the time. Sometimes I add thinly sliced onion to the pan with the potatoes, too.
—CHELLEBELLE

I was tempted to enhance these since the recipe is so simple. I resisted, and I'm glad I did!
—ATHOMEPAT

Yummy! 450°F was the perfect temperature. I left them in the oven a little longer, and the potatoes were nice and crispy on the outside and so fluffy and smooth inside! I added parsley, rosemary, and parmesan (cheese in the last 10 minutes).
—MCKAUFMAN

This is the perfect base recipe that you can modify by adding spices, seasonings, garlic, onions, whatever. I like to add dried basil and thyme. Line the cookie sheet with foil for easy cleanup. —SUSAN

FULL OF
BEANS

In Tuscany, beans are such an important ingredient that the people who live there are called *mangiafagioli*, or "bean eaters." Considering the staggering variety of beans, peas, and lentils available worldwide and year-round, it's a wonder we aren't all bean enthusiasts. From dried lentils to frozen peas to canned kidney beans, legumes are a pantry heavyweight. They're affordable, nutritious, and super delicious. So let's get our bean on. *By delishdish*

LEGUMES 101

Wait. Beans, peas, and lentils are related? Yep! Along with peanuts and soybeans, they're all part of the legume family. A legume (pronounced lehg YOOM) is any plant with seed pods that have two seams along their sides. Those seams split apart when the pod is ripe, yielding the seeds—or peas or beans—within.

The pods of some immature legumes—such as fresh green beans, sugar snap peas, and snow peas—are edible too. In England and France, people often call snow peas and sugar snap peas *mange-tout*, meaning "eat it all."

As legumes age, they lose moisture and become harder, which is one reason it's difficult to say exactly how long dried beans will take to cook or how much they'll plump when cooked. Generally speaking, though, 1 cup dried will make between 2 and 3 cups cooked (enough for at least four servings).

Why They're Good for You

Legumes are loaded with fiber and complex carbohydrates. That means they take a while to digest, which helps with everything from moderating blood sugar levels and lowering LDL cholesterol to improving colon health.

They're also one of the few plant-based foods that approaches meat when it comes to protein and iron content, making them ideal meal-boosters for vegetarians, vegans, and folks on limited-meat diets. A half cup of cooked black beans contains about a quarter of the protein of a 4-ounce steak (but with less than half the calories) and more iron than 4 ounces of cooked chicken breast. Eating cooked beans with tomatoes, bell peppers, citrus juice, or other sources of vitamin C boosts the amount of iron your body can extract from them even more. (Yay, black bean salsa!)

Legumes also contain good amounts of folate, vitamin B_1, magnesium, manganese, copper, zinc, and phosphorus—nutrients most of us don't get enough of.

LITTLE LEGUMES: LENTILS & THE LIKE

More round than oblong, the smallest legumes look like tiny globes, half-spheres, or discs. Because they're so little, they cook fast and don't require soaking. Just simmer them in salted water until al dente, 15 to 40 minutes (depending on type), and drain.

Add butter and a little parsley, and you have a simple side dish, or cook a few minutes longer, until they collapse, and you have soup!

You can toss cooked lentils with your favorite veggies, some cooked rice, and a sprinkling of Italian herbs as a last-minute dinner. For a quick party dip, purée them with sautéed onions, garlic, and curry powder, and serve with pita chips.

Types to try:

- **Lentils:** available whole, split, and in many colors; also called "dal" in Indian cuisine. Split red lentils are actually yellow-and-tan lentils that have been hulled to reveal their orange-red interiors; they're mild and almost sweet. Olive green French Le Puy lentils are considered by some the crème de la crème of lentils. They have a deep, earthy flavor well suited to hearty winter soups. Tiny black Beluga lentils retain a firmer texture when cooked and are delicious in salads.
- **Split peas:** yellow or green, with a robust, earthy flavor; famously used in soup.
- **Mung beans:** green (or yellow or black) with a little white sprout; milder than split peas, available whole, split, and sprouted. The split ones cook even faster. Look for sprouted mung beans or mung-bean sprouts (like alfalfa sprouts) in the produce section.

PHOTOS BY KATE SEARS

BIG GUNS: DRIED & CANNED BEANS

Dried beans keep for years when stored in airtight containers at cool room temperature, and they cost up to 50% less than canned beans. Though they need soaking, preparing them is a mostly hands-off affair. (See "How to Cook Dried Beans" at right.) Freshly cooked dried beans have a creamier texture and more nuanced flavor than canned, and you can control exactly how much salt and seasonings go into them. Most dried beans also are available already cooked and canned. Either type works as a main ingredient in soups, chilies, and casseroles. You can tuck them in salsas and burrito fillings, and you can purée or mash them for dips creamy soups, or healthier than-cream thickeners. If you don't have the exact bean called for in a recipe you usually can substitute another of the same color. Types to try:

BLACK AND BROWN BEANS

- **Black/turtle beans:** popular in Cuban cooking and for bean salads.
- **Swedish brown beans:** small, slightly sweet. Swedes use them to make their own version of Boston baked beans

FOOD STYLING PAUL GRIMES PROP STYLING KATE PAN SIAN BEAN APT SUSAN JEDLICKA

RED AND PINK BEANS

- **Red kidney beans:** large, red-skinned, curved, popular for chili.
- **Pink/chili beans:** smaller and paler than kidney beans.
- **Pinto beans:** oval; red-spotted tan when dried, pink when cooked, popular for chili and baked beans.
- **Adzuki beans:** tiny, reddish-brown, with a white sprout; in Asia, often cooked with sugar for desserts.

WHITE BEANS

- **Cannellini/white kidney beans:** large, oblong, thin-skinned, with a creamy texture, good in white chilies, salads, and Tuscan soups
- **Cranberry/borlotti beans:** white or beige with maroon spots when fresh or dried. They sometimes look more pink or tan (like pintos) when cooked, but they taste more like white beans
- **Great Northern beans:** medium, with firmer flesh and a more neutral flavor than cannellini.
- **Navy beans:** small, oval; popular for baked beans and soups.
- **Chickpeas/garbanzo beans/ceci beans:** hazelnut-shaped; key to hummus and popular in salads, thanks to their slightly nutty flavor.

PALE GREEN BEANS

- **Fava/broad beans:** large and flat; common in puréed Middle Eastern soups and dips. Fresh favas need to be shelled, blanched and peeled before cooking. Dried favas need soaking and cooking to remove the hard, white outer peel.
- **Lima/butter beans:** large, flat; generally called lima when fresh and butter when canned/dried.
- **Flageolets:** small green French kidney beans; delicate, delicious.

MULTI-COLOR BEANS

- **Black-eyed peas/cowpeas/field peas/lady peas:** small, pale green or white, with a dark "eye." Southerners simmer them with ham hock and serve with pepper vinegar
- **Scarlet runner beans:** big, flat, meaty beans speckled red, purple, or brown. When young, they can also be eaten fresh, pod and all.

HOW TO COOK DRIED BEANS

1. ON THE STOVE, AFTER AN OVERNIGHT SOAK

Pick through beans, removing any small rocks. (Bean-sorting machines aren't perfect; sometimes tiny rocks from the fields make it into the bag. Better to cook now than to break a tooth!) Transfer beans to a large bowl, and add enough cool water to cover beans by 2 inches. Soak 8 to 12 hours. Drain, rinse well, and drain again. Pour into a pot with cool water to cover, and salt, if desired. Bring to a boil; boil for 10 minutes, then reduce heat to low, and simmer until beans reach desired tenderness, 1 to 2 hours. (Cook uncovered for firmer beans, or cover for softer beans.) Skim off any white foam. Add water as needed to keep beans covered. Remove from heat and let beans cool in their cooking liquid to help them stay hydrated and plump. Drain well.

2. ON THE STOVE, AFTER A QUICK SOAK

Pick through beans, removing any small rocks. Transfer beans to a pot, and add enough cool water to cover them by 2 inches. Bring to a boil; boil for 5 minutes. Cover, remove from heat, and let stand 1 hour. Drain beans, rinse well, and drain again. Return to pot, with water to cover, and salt, if desired. Bring to a boil, reduce heat to low, and simmer until beans reach desired tenderness, 1 to 2 hours, just as you would for beans soaked overnight. Drain well.

3. IN A SLOW COOKER

Soak, rinse, and drain beans using either the overnight or quick-soak method, then transfer to a slow cooker with water to cover by 1 inch, and salt, if desired. Cook on low 6 to 8 hours, adding water as needed to keep beans covered. Drain well.

4. IN A PRESSURE COOKER

Soak, rinse, and drain the beans using either the overnight or quick-soak method, then transfer to a pressure cooker and add 3 cups water for the first cup of beans and 2 cups water for each cup thereafter, plus salt, if desired. Follow the manufacturer's instructions to raise the pressure to High. For extra-hard, large or thick beans, like chickpeas and lima beans, maintain High pressure 3 minutes, then let the pressure dissipate 20 minutes before unlocking the lid. For medium-sized beans like black beans, maintain High pressure 2 minutes, then let pressure dissipate 15 minutes. For small varieties like adzuki beans and navy beans, maintain High pressure for 10 seconds, then let pressure dissipate 10 minutes. Drain well.

COOK ONCE, EAT TWICE

While you're at it, make a big batch. Cooked beans will keep in the fridge for a week or in the freezer for three months.

TO SALT—OR NOT?

Salting the cooking water for beans may slow their softening, but it also gets some flavor inside them. It adds sodium, but some of that washes away during draining. Bottom line: Whether and how much to salt is really up to you.

IN THE POD: FRESH & FROZEN

Fresh young beans and peas with edible pods can be eaten raw, steamed, or simmered in water a few minutes—just until crisp-tender—or added to a stir-fry during the last few minutes of cooking.

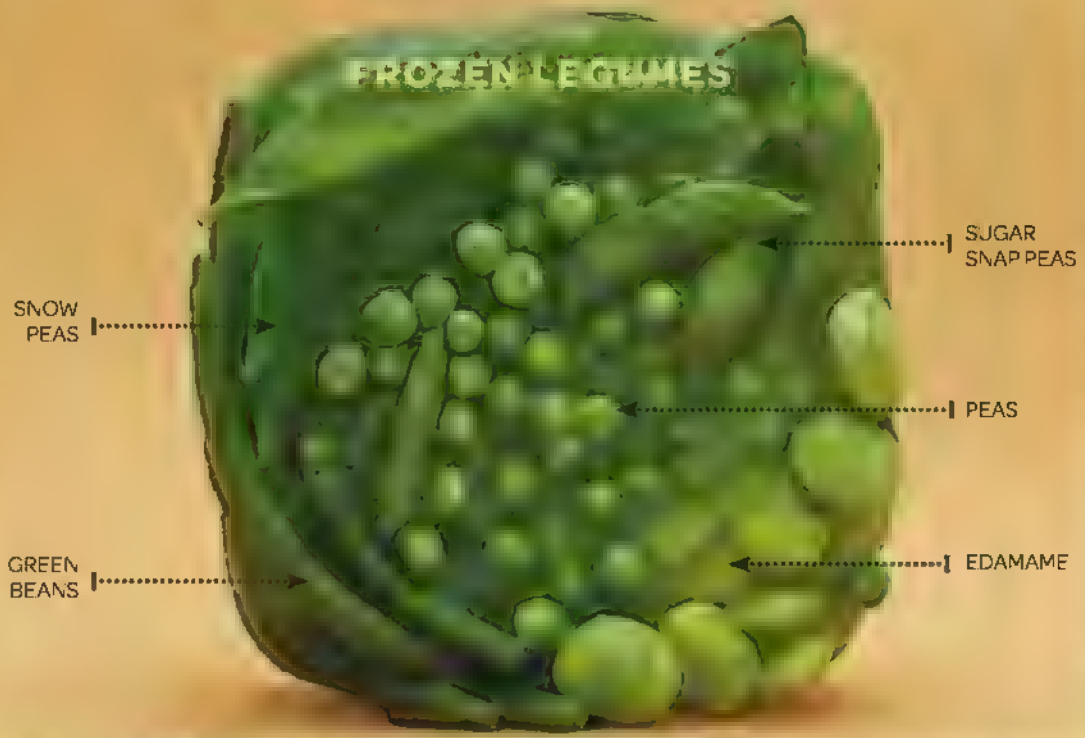
While some are available fresh only in summer, greenhouses and the global veggie market extend the season for many to nearly year-round. Most are also available frozen, because they are briefly cooked before freezing, they just need to be thawed and warmed. Bonus: They're every bit as nutritious as fresh. Types to try:

- **Green/string/garden/pole beans:** the kind you trim and snap into segments. Early varieties had tough strings along the seams—a pain to remove—but most now are stringless. The pods get bigger and tougher the longer they're on the vine. To make them less tough, older beans often are frenched (cut into thin strips with the outermost strips removed). Some varieties
- **Haricots verts:** French for "green beans", tender, small, super-slender green beans
- **Purple green beans:** like green beans but with purple outsides. They're green inside, and some turn green all over when cooked.
- **Wax beans:** like green beans, but pale yellow or white all the way through
- **Yard-long or Chinese long beans:** incredibly long, as the name suggests, and available at Asian and farmers markets. They taste like regular green beans; just trim into more manageable lengths.
- **Green/sweet/garden peas:** sweet, plump, full-sized peas removed from their pods.
- **Snow peas:** flat, crunchy edible pods with teeny, tiny peas and sweet flavor.
- **Sugar snap peas:** like snow peas but with more rounded pods, bigger peas, and a sweeter flavor.
- **Edamame/soybeans:** oblong, pale green, nutty, usually sold frozen, both shelled and in the pod. Although the pods are not edible, you can steam edamame in their pods, then scrape the beans out with your teeth.

AT THE STORE

- Select fresh beans or edible-pod peas with firm, unblemished pods that snap crisply in half when bent.
- Choose dried beans that look plump and have glossy, unbroken skins, preferably from stores that sell a lot of dried beans, like ethnic markets and health-oriented stores.
- When shopping for canned legumes, avoid dented and bulging cans, and check the expiration date. Most commercially canned beans are good for two years or more.

Need a recipe for lentil soup or white chili? Blipp to see our legume recipe collection (details on page 4), or visit **armagazine.com/beans-and-peas-recipes**



DE-TOOT THE FRUIT

There's a reason beans are called the "musical fruit." They contain natural sugars called oligosaccharides that can cause gas. Words to the wise:

- The older the bean, the louder the music. Choose dried beans from a store with good bean turnover, and don't forget that you have them in your pantry.
- Adding a pinch of baking soda to the cooking water makes the water more alkaline and the beans easier to digest.
- The longer the beans soak and the more water (and changes of water) they soak and cook in, the less oligosaccharides they contain. To see if your beans have soaked and cooked long enough, cut one in half: If there is a hard white spot in the center, they're not ready yet.
- Some legumes have lower levels of oligosaccharides. The least toot-prone varieties include smaller and sweeter-tasting types—such as lentils, split peas, adzuki beans, mung beans, and black-eyed peas—and fresh immature beans such as green beans. Varieties with medium levels include chickpeas, black beans, and white beans. The worst offenders? Lima beans, navy beans, and edamame.

The Healthier Route

When Allrecipes.com challenged a Seattle cook to make healthier versions of the top 100 recipes on the site, she tied on her apron and delivered. Meet Jean Galton, the mom behind the MakeItHealthy moniker.

We've mapped out six of her comfort food do-overs, plus healthy detours you can take to lighten up whatever you're cooking this year.

PHOTOS BY KING AU

HEALTHIER CHICKEN CORDON BLEU

A lot of good food moves through Jean Galton's Seattle kitchen.

Jean, the working mom behind the MakeItHealthy recipes on Allrecipes.com, is almost always cooking up something. By day, she develops recipes and prepares food for magazines, cookbooks, and professional photo shoots. Most nights of the week, she's back in her own kitchen making meals for her family.

She and her husband have two teenage daughters. And like so many of us, Jean has lots of different tastes to please at dinnertime.

"My younger daughter will eat pretty much anything. She's interested in lots of food," Jean says. "My older daughter is a little pickier. She has gone through being vegan and vegetarian, and is now eating everything but beef and wheat (she's allergic to wheat). And my husband was vegetarian for 20 years before we met."

Still, Jean finds that everyone is happier and things just run more smoothly when she cooks healthier.

I notice I have more stamina if we're eating good amounts of protein and vegetables. I'm on my feet 8 hours a day, often without a break. You need to be able to eat well to sustain that," she says. "My younger daughter, the soccer player, plays better when she's eating right. The kids aren't as cranky."

To take the edge off when dinner's late, Jean often sets out raw vegetables for everyone to snack on while she cooks the main dish. It might be brown rice in the pressure cooker and chicken on the grill, a pot of soup, or a quick veggie-and-tofu stir-fry. "Yesterday, I was really tired. I just threw a chicken in a really hot oven for an hour, and that was it."

Jean applied some of her practical, healthy-at-home approaches to Allrecipes' most-popular recipes, working in more whole grains and vegetables, using leaner meats and less sugar, and making small tweaks to improve the nutrition without losing flavor.

"I didn't want to make them not taste good. I just wanted to make them healthier." —NICHOLE

SUBMITTED BY MakeItHealthy
PREP 15 min **COOK** 30 min
READY IN 45 min
SERVES 6
RATING ★★★★ 2 reviews

Healthier Chicken Cordon Bleu II

armagazine.com/healthier-chicken-cordon-bleu

"I love chicken cordon bleu. To lighten it some, I used lemon juice in place of wine, and fat-free half-and-half for the cream." —MAKEITHEALTHY

- **6 skinless, boneless chicken breast halves**
- **6 (½-ounce) slices ham**
- **6 (½-ounce) slices Swiss cheese**
- **3 tablespoons flour**
- **1 teaspoon paprika**
- **6 tablespoons unsalted butter**
- **2 tablespoons lemon juice**
- **1 teaspoon chicken bouillon granules**
- **1 tablespoon cornstarch**
- **1 cup fat-free half-and-half** *[From our kitchen: You can substitute a cup of skim milk, no problem, but the fat-free half-and-half makes it taste a little bit richer.]*

1. Put chicken between layers of plastic wrap and pound to ¾-inch thickness with a meat mallet or heavy skillet. Place a ham slice and a cheese slice on each breast, leaving border of at least ½ inch on all sides. Starting at a short end, roll up chicken around ham and cheese. Secure in several spots with toothpicks. Mix flour and paprika in a small bowl, and sprinkle it evenly over all sides of chicken rolls.
2. Heat butter in a large skillet with a tight-fitting lid over medium-high heat, and cook chicken, turning, until browned on all sides, about 2½ minutes per side. Add lemon juice and bouillon. Reduce heat to low, cover, and cook until chicken is no longer pink and juices run clear, about 20 minutes.
3. Remove toothpicks and transfer chicken to a warm platter. Blend cornstarch and half-and-half in a small bowl; whisk slowly into skillet, and cook, stirring, until thickened, about 3 minutes. Pour over chicken and serve warm.

[From our kitchen: The chicken can be pounded and rolled early in the day and cooked when ready to eat. This can also be cooked up to 3 days ahead and reheated gently in a covered skillet.]

PER SERVING (1 CHICKEN ROLL AND 3 GENEROUS TABLESPOONS SAUCE) 410 CAL; 21g FAT (11.2g SAT); 44g PRO; 9.3g CARB; 0.2g FIBER; 550mg SODIUM; 160mg CHOL

YOU SAID

Nice recipe! I used skim milk instead of the half-and-half, and less butter. —LINDAT

This was good. I served the sauce on the side, as some in our group didn't want it on top. —ACACANDY

FOOD STYLING CARRIE PURCELL PROP STYLING LOR HELLANDER JEAN GALTON PHOTO RINA JORDAN

SUBMITTED BY MakeItHealthy
PREP 20 min **COOK** 1 hr
READY IN 1 hr, 20 min
SERVES 8
RATING ★★★★★ 12 reviews

armagazine.com/healthier-brown-sugar-meatloaf

"This is an easy, delicious meatloaf made healthier with less sugar, low-fat milk, and whole-wheat bread crumbs." —MAKEITHEALTHY

- 1½ pounds lean ground beef
- ¾ cup lowfat (1%) milk
- 2 eggs
- 1 small onion, finely chopped (½ cup)
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground ginger
  [From our kitchen: We used a whole teaspoon for a little more oomph.]
- ¾ cup whole-wheat bread crumbs
- ¼ cup chopped fresh parsley
- 3 tablespoons packed brown sugar
- ½ cup ketchup

1. Preheat oven to 350°F. Lightly grease a 9x5-inch loaf pan.
2. Mix beef, milk, eggs, onion, salt, pepper, ginger, bread crumbs, and parsley in a bowl. Shape into a loaf and transfer to prepared pan.
3. Mix brown sugar and ketchup together in a small bowl. Spread over top of loaf.
4. Bake until no longer pink in center and an instant-read thermometer inserted into center reads at least 160°F, about 1 hour.

[From our kitchen: Any leftovers can be wrapped and refrigerated up to 3 days. It can also be frozen up to 3 months, thawed in the fridge, and reheated in the microwave.]

PER 1-INCH-SLICE SERVING 265 CAL; 12.8g FAT (4.9g SAT); 21.2g PRO; 16.3g CARB; 1g FIBER; 735mg SODIUM; 112mg CHOL

36% less fat and 25% fewer calories than the original

YOU SAID

I used slightly less salt. It was perfect! Tender, soft, and very flavorful. —GIRLYMOMMA88

Loved it. I used less onion and added minced squash (zucchini or carrots would work, too) to make it even healthier. It would be great even without the brown sugar because there's sugar in the ketchup. —KRETCHEN

Delicious! I don't normally like meatloaf, so this was a nice surprise. I did add garlic powder, paprika, and some Italian seasoning to the mix, and I only had seasoned bread crumbs on hand. The next day it was firm and not mushy. I will make this again! —YETTLE

I added a little chopped green pepper like my mom used to. It really adds to the flavor. —BERNICE

SUBMITTED BY MakeItHealthy
PREP 15 min **COOK** 10 min
READY IN 25 min
SERVES 4 (makes 10 cups)
RATING ★★★★ 3 reviews

Healthier Pasta Alfredo

armagaz ne com/healthier- pasta a fredo

"Zucchini takes the place of some of the pasta in this delightfully rich and creamy dish. I still use real butter, cream, and cheese, but using a little less of each lightens it up a lot."
—MAKEITHEALTHY

45% less fat and 59% less sodium than the original—and 330 fewer calories per serving

- 12 ounces whole-wheat fettuccine
- 8 ounces zucchini, cut into long, thin strips with a vegetable peeler
- 2 tablespoons butter
- 1 clove garlic, minced
- ½ cup heavy cream *[From our kitchen: To make it even lighter, you can use half-and-half instead.]*
- 1 cup freshly grated parmesan cheese
- ¼ cup chopped fresh parsley

1. Fill a large pot with lightly salted water and bring to a rolling boi . St r in fettuccine, bring back to a bo l, and cook pasta over medium heat unt l a dente, about 8 m nutes. Add zucchini to pot with pasta and let stand 1 minute to s ightly soften zucch ni. Dra n pasta and zucchini, reserving ¼ cup pasta water
2. Meanwhile, heat butter and garlic in a saucepan over medium- ow heat. Stir in cream and simmer 1 minute, then wh sk in cheese and cook just until heated through, about 1 minute Stir n parsley
3. Toss pasta and zucchin with sauce and reserved pasta water

PER 2½-CUP SERVING 549 CAL; 24g FAT (14.2g SAT), 21.7g PRO; 68g CARB, 7.4g FIBER; 381mg SODIUM; 74mg CHOL

SUBMITTED BY MakeItHealthy
PREP 30 min **COOK** 2 hr, 40 min
READY IN 3 hr, 10 min
SERVES 12
RATING ★★★★½ 16 reviews

armagaz.ne.com/hea thier-bo lermaker-ch l

"This chili is great during football season—and the rest of the year! You can garnish it with red onion, cilantro, and diced avocado if you like." —MAKEITHEALTHY

- 2 pounds extra-lean ground beef
- 1 pound Italian chicken sausage (fully cooked), diced
- 3 (15-ounce) cans chili beans, rinsed and drained
- 1 (15-ounce) can chili beans in spicy sauce
- 2 (28-ounce) cans low-sodium diced tomatoes with juice
- 1 (6-ounce) can tomato paste
- 1 large onion, chopped (1½ cups)
- 3 stalks celery, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 green chiles, seeded and chopped
- ½ cup beer
- ¼ cup chili powder, plus more to taste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons hot pepper sauce (such as Tabasco)
- 1 tablespoon minced garlic
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 1 teaspoon black pepper, plus more to taste
- 1 teaspoon cayenne pepper, plus more to taste

YOU SAID

I made this recipe and the regular Bollermaker Tailgate Chili at the same time. I used broth instead of beer because I don't cook with alcohol. Everyone loved both. More importantly, the healthier version doesn't taste like

YOU SAID

1 teaspoon paprika
1 teaspoon dried basil
½ teaspoon salt
3 cups baked tortilla chips

1. Crumble beef into a heavy 5½-quart pot over medium-high heat; add sausage and cook, stirring until beef is evenly browned, 10 to 12 minutes. Drain excess grease.
2. Stir in chili beans, spicy chili beans, diced tomatoes, tomato paste, onion, celery, green and red bell peppers, chiles, beer, chili powder, Worcestershire sauce, hot pepper sauce, garlic, oregano, cumin, black pepper, cayenne, paprika, basil, and salt. Cover pot, and simmer over low heat, stirring occasionally, 2 hours.
3. Uncover and simmer 30 minutes more. Taste and adjust chili powder, black pepper, and cayenne if necessary. Ladle into bowls and serve with baked tortilla chips.

[From our kitchen: This can be made 3 days ahead and refrigerated or frozen up to 3 months.]

PER 1½-CUP SERVING 389 CAL; 9g FAT (2.5g SAT); 34g PRO; 44g CARB; 11.7g FIBER; 884mg SODIUM; 75mg CHOL

70% less fat and 58% less sodium than the original—and 211 fewer calories per serving

...missing out. Great option! —TREY

This has now become my go-to chili. It is rich and delicious—full of flavors that make us ask for seconds and thirds. —JUAN CARLOS

SUBMITTED BY MakeItHealthy
PREP 30 min **COOK** 35 min
READY IN 1 hr 15 min
SERVES 8
RATING ★★★★½ 26 reviews

Healthier Chicken Enchiladas I

armagazine.com/healthier-chicken-enchiladas

"To cut out excess fat, I use reduced-fat cheese and sour cream. I added black beans and red bell peppers, which add fiber and color." —MAKEITHEALTHY

4 skinless, boneless chicken breast halves
1 onion, chopped (¾ cup)
1 cup light sour cream
1¾ cups shredded reduced-fat cheddar cheese
1 tablespoon dried parsley
½ teaspoon dried oregano
½ teaspoon black pepper
1 cup tomato sauce
¼ cup water
1 tablespoon chili powder
⅓ cup chopped green bell pepper
⅓ cup chopped red bell pepper
1 clove garlic, minced
1 (10.5-ounce) can black beans, rinsed and drained
8 (10-inch) whole-wheat flour tortillas
½ (12-ounce) jar taco sauce

1. Preheat oven to 350°F. Cook chicken in a nonstick skillet over medium heat, until no longer pink and juices run clear, about 5 minutes per side.
2. Transfer chicken to a cutting board, cut into cubes, and return to skillet. Add onion, sour cream, 1 cup cheese, parsley, oregano, and black pepper. Heat until cheese melts, about 3 minutes. Stir in tomato sauce, water, chili powder, green and red bell pepper, garlic, and beans. *[From our kitchen: The filling can be made 3 days ahead and chilled. Assemble and bake as directed below, baking a few extra minutes.]*
3. Roll about 1 cup filling into each tortilla. Put 4 filled tortillas in each of two 9x13-inch baking dishes. Top each dish with half of taco sauce and half of remaining ¾ cup cheese.
4. Bake, uncovered, until cheese is melted and sauce is bubbling, about 20 minutes. Cool 10 minutes before serving.

PER 1-ENCHILADA SERVING 394 CAL; 12.2g FAT (5.4g SAT); 28g PRO; 49g CARB; 5.6g FIBER; 800mg SODIUM; 61mg CHOL

43% less saturated fat and 35% less sodium than the original

YOU SAID

This dish was a hit at my dinner party this weekend! I skipped the tomato sauce, onions, and garlic, and used salsa instead (since all those ingredients are already in there!). I used cilantro instead of oregano. They were very filling. —ARIENOJM

I used fat-free plain yogurt instead of sour cream, corn tortillas instead of wheat, and sautéed my peppers and onion slightly. I also did not roll the tortillas but made them into a layered casserole. I would definitely make it again. —PAULA

EIGHT GENIUS WAYS TO LIGHTEN UP

Let's be honest. The rich, comforting foods we crave are not always the most healthful. Fortunately, healthy eating has come a long way since the days of carrot sticks and rice cakes. You don't have to skimp on flavor or satisfaction to create good-for-you grub. Whether you're looking to drop a few pounds, boost your energy, or just shift to healthier habits, a few simple changes can get you cooking and eating better all year round. —EATINGWELL

1. STOCK SMARTER

You can avoid mountains of salt simply by choosing reduced-sodium or low-sodium versions of black beans, diced tomatoes, chicken broth, soy sauce, and other pantry items you use most. Light coconut milk is just as good in a curry as regular. And whole-grain pasta and bread crumbs and quick-cooking varieties of brown or wild rice are more filling, more nutritious, and just as easy to prepare as their plain white counterparts.

2. KEEP IT CREAMY

You don't have to ditch dairy products or settle for flavorless, sodium-laden fat-free cheese. Instead, indulge in a little of the real deal. An ounce or two of a full-fat or reduced-fat cheese will add tons of flavor. But when a recipe calls for a whole stick of butter or a quart of heavy cream, you might simply use a little less. Feeling adventurous? Try using buttermilk, fat-free plain Greek yogurt, or low-fat sour cream instead of butter or cream to thicken sauces and create a luxurious texture.

3. WASTE NOT, WANT NOT

While it's important to wash fruits and veggies like apples and potatoes, you can leave the skins on—the peels are packed with nutrients and fiber.

4. RINSE AND TRIM

It's one of those smack-your-forehead, "DUH!" things, but just rinsing and draining canned veggies and beans decreases the sodium content by 40% or more. (A lot of the salt is in the canning liquid.) While cooking poultry with the skin on helps lock in flavors, removing that skin before you dig in saves you some serious calories. And trimming the excess fat off that pork chop or rump roast is literally the easiest way to "cut the fat."

5. DON'T FEAR FATS

One piece of bacon is only 50 calories, yet the flavor and satisfaction it imparts makes you think it's way more. The trick is to choose healthier fats most of the time and see how far you can stretch them. Unsaturated fats like olive oil and canola oil work well for cooking and can replace butter in many recipes. Butter in small doses is fine, too; it's actually less refined than most margarines. Using an oil mister when greasing skillets can help you avoid applying too much. Omitting a tablespoon of oil or butter from a recipe saves you more than 100 calories.

6. METHOD MATTERS

Look for recipes that use healthier cooking methods like stir-frying or grilling. Stir-frying requires very little added fat. When you grill, excess fat drips away from your food as it browns. Oven roasting is not only low-maintenance, it also keeps many nutrients in your food—rather than letting them wash away in cooking liquid—and concentrates the natural sweetness of ingredients like root vegetables. Steaming is easy and anything but boring, especially if you use a little broth instead of water.

7. BAKE IT BETTER

Upgrade cookies and cakes by swapping some of the butter for unsaturated fats like vegetable oil. Puréed apples, pears, or pumpkin can replace some of the fat and sugar in muffins, quick breads, and cakes. You can substitute whole-wheat pastry flour for white all-purpose flour—or use a half-and-half mixture of whole-grain and white all-purpose flours—in many baked goods. For a fiber boost, toss in a tablespoon or two of ground flax, nut flour, or wheat bran.

8. GO WITH THE GRAIN

Brown rice and quinoa work as simple, healthy sides, but they can also play supporting roles in many other dishes. Try cooked whole grains like quinoa or bulgur instead of bread crumbs when preparing meatloaf or meatballs. Add cooked grains like barley to soups, stews, frittatas, salads, and tacos. And if you have leftover plain cooked grains, add milk and cinnamon and heat for a nutritious breakfast cereal.

SUBMITTED BY MakeItHealthy
PREP 20 min **COOK** 1 hr, 25 min
READY IN 1 hr, 45 min
SERVES 8
RATING ★★★★½ 17 reviews

Healthier Beef Stroganoff III

armagazine.com/healthier-beef-stroganoff

"Fresh mushrooms, light sour cream, and less butter give classic stroganoff a healthier twist. Be sure to serve it over whole-wheat noodles."
—MAKEITHEALTHY

- 2 pounds beef chuck roast
- ½ teaspoon salt
- ½ teaspoon black pepper, plus more to taste
- 3 tablespoons butter
- 8 ounces white mushrooms, sliced
- 4 green onions, sliced
- ⅓ cup white wine
- 3 tablespoons flour
- 1¼ cups low-sodium beef broth
- 1 teaspoon mustard
- ⅓ cup light sour cream

1. Remove any fat and gristle from roast, and slice into ½-inch-by-2-inch strips. *[**From our kitchen:** Chilling the roast in the freezer for 30 minutes makes it easier to slice.]* Sprinkle evenly with salt and pepper.
2. Melt 1 tablespoon butter in a large skillet over medium heat. Add mushrooms and onions, and cook, stirring occasionally, until mushrooms are browned, about 6 minutes. Transfer to a small bowl. Melt another tablespoon butter in skillet. Add half of beef and cook, stirring, until browned, about 5 minutes; transfer to another bowl. Repeat with remaining tablespoon butter and beef.
3. Pour wine into hot skillet and deglaze pan over medium-high heat, scraping up any browned bits. Combine flour and ½ cup broth in a jar with a tight-fitting lid and shake until combined. Stir into wine mixture, whisking until smooth. Stir in remaining broth and mustard, then return beef to skillet and bring to a boil. Reduce heat and simmer, covered, until meat is tender, about 1 hour.
4. Before serving, stir in mushrooms and sour cream, and cook over medium-low heat until heated through, about 5 minutes. Season with pepper.

*[**From our kitchen:** To make this ahead, prepare as directed but leave out the sour cream. Refrigerate up to 3 days, or freeze up to 3 months. Fold in the sour cream after thawing and reheating, and warm until heated through.]*

PER ¾-CUP SERVING 227 CAL; 10.7g FAT (5.3g SAT); 25.1g PRO; 5g CARB, 0.6g FIBER; 240mg SODIUM, 82mg CHOL

YOU SAID

This was so good. No one could tell that it was a light version. I bought stew meat that was already cut up to save me a step. Instead of simmering the meat in the pan, I put it in the slow cooker for a couple hours. I love that this is a healthier option! —SARAHM802

This recipe was amazing! I used Merlot instead of white wine, and my whole family loved it. —SHANNONCOUTKOWSKI

I added ½ teaspoon garlic powder before serving to give it a little extra flavor. It was a hit and is very Weight Watchers friendly! —2KIDS4ME

I made this as healthy as I could—even using whole-wheat flour instead of all-purpose. I used thinly sliced sirloin and low-fat sour cream and served it over whole-wheat egg noodles. It was delicious! —IUGIRL95

See and save even more of MakeItHealthy's lightened recipes. Just scan this page with your phone (page 4 shows how easy it is) or go to **armagazine.com/healthier-recipes**

PHOTOS BY KING A.

Nobody has ever bitten into a juice-drippingly ripe peach and thought, "If only I had a bag of grubby turnips, the kind that are already getting soft and sprouting weird root hairs!" Nor has anybody rolled sweet corn in butter while dreaming of a head of storage cabbage the size of Jupiter. But that's OK—because winter vegetables aren't pretending to be anything other than what they are. And what they are is honest, seasonal eating that can be utterly, ecstatically delicious. They don't even require much effort. Winter veggies take kindly to strong seasonings such as garlic, citrus, and spices. Long cooking—the absentee kind, not the hand-holding kind—coaxes out their natural sweetness while giving you a nice wintry excuse to keep the oven on and warm up your kitchen. These cold-weather roots, leaves, and stalks are robust and comforting—tender at heart beneath their tough hides.

The truth is I'd rather eat perfectly caramelized parsnips than disappointing snow peas shipped from another hemisphere. I'd rather eat a plate of melting leeks, braised into silky-sweet submission, than a cardboardy winter tomato that tastes like a broken promise about succulence and sunshine. Crank open your mind if you have to, because these are not the scary kind of recipes that are labeled "Borscht for 50," or begin, "Boil the broccoli until it turns gray and your house fills with the odor of defeat." The recipes here are bold, feisty, crave-able, and make proud side dishes for a holiday meal or an everyday dinner. There's no need to feel anything but a kind of pioneering root-cellar joy. *—benandbirdy*

SUBMITTED BY charisue
PREP 15 min
COOK 30 min
READY IN 45 min
SERVES 4
RATING
18 reviews

allrecipes.com 5-STAR RATING

GRAMA'S PEPPERY PARSNIPS

armagazine.com/gramas-peppery-parsnips

"This one is for people who like parsnips, and even those who think they don't." —CHARISUE

- **1 pound parsnips, peeled**
- **1 tablespoon unsalted butter**
- **Salt and black pepper to taste**

1. Cut parsnips in half crosswise (where they go from fat to narrow). Quarter narrow pieces lengthwise, and cut fatter pieces lengthwise into thin strips. Put parsnips in a saucepan, cover with salted water, and bring to a boil. Reduce heat and simmer, partially covered, until parsnips are tender, 15 to 20 minutes. Drain well, and pat dry.
2. Melt butter in a large (12-inch) skillet over medium heat, then arrange parsnips in hot butter in an even layer. Season generously with salt and pepper. Cook parsnips until lightly golden brown on both sides, 3 to 5 minutes per side.

PER ½-CUP (2.5-OUNCE) SERVING 110 CAL; 3.2g FAT (1.9g SAT); 1.4g PRO; 20.4g CARB; 5.6g FIBER; 157mg SODIUM; 7.6mg CHOL

Save this recipe to your online recipe box or shopping list with just one tap on your phone. Page 4 shows how easy it is.

FOOD STYLING: CARRIE PURCELL. PROP STYLING: CORY HELANDER

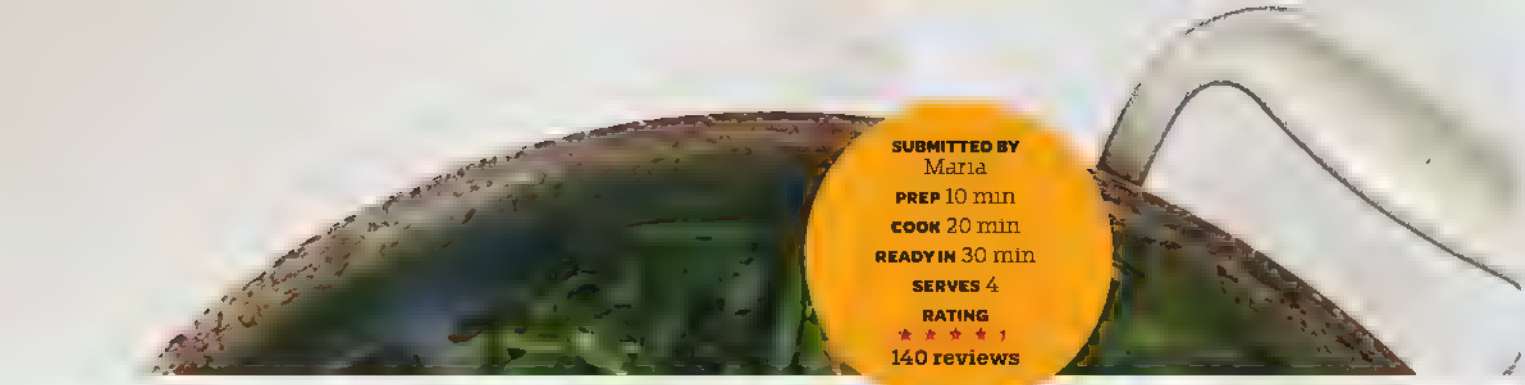
The parsnips can be boiled a day ahead: Pat dry and wrap in paper towels, then keep in a resealable plastic bag. You usually have to cut out the woody cores of parsnips, but simmering the parsnips first and then caramelizing makes the woody cores tender and edible without the extra work!

YOU SAID

This is the only way my mom fixed parsnips when I was growing up. Browning in butter caramelizes the natural sugars in the parsnips. Loved them then; love them now! —[redacted]

I took a reviewer's advice and cut the parsnips into coins and microwaved them before frying. They were overcooked and too mushy to crisp in the frying pan. Yuck! But totally MY fault. I decided to give it another go (after the bad cooking memory faded with the family), this time making sure they were still firm before the fry step. What a difference! Super tasty, caramelized, addictive, and I have redeemed myself from the Great Parsnip Debacle. This is now a staple in our regular rotation. Thanks for a simple recipe that got us to try a new veggie. —JENINCHGO

Easy, tasty, and almost as versatile as french fries! I used coarsely ground garlic-pepper seasoning, which gave this dish more depth of flavor. If you have one, use a deep skillet to avoid cleaning both a saucepan and skillet. A very good recipe for busting out of a rut if you're feeling limited by serving the same veggie dishes over and over again. —CONKYJOE



SUBMITTED BY Maria
PREP 10 min
COOK 20 min
READY IN 30 min
SERVES 4
RATING
140 reviews

MARIA'S BROCCOLI RABE

armagazine.com/marias-broccoli-rabe

"This is a nice side dish served with baked chicken or fish. Virtually not fattening and very healthy for you." —MARIA

- **1 pound broccoli rabe, tough bottom ends trimmed** *[From our kitchen: FYI, supermarket broccoli rabe is different from what you get at farmers markets. The former has more florets, while the latter has barely any florets (it's mostly about the leaves) yet is usually more tender.]*
- **5 tablespoons extra-virgin olive oil**
- **1 clove garlic, minced**
- **1 tablespoon grated parmesan cheese**

1. Bring a large pot of salted water to a boil. Cut an X in bottom of broccoli rabe stems, then boil, uncovered, stirring occasionally, until tender but still firm, about 5 minutes. Drain and coarsely chop. *[From our kitchen: You can do this step 1 day ahead. After boiling and draining, dunk the broccoli rabe in a bowl of ice water to stop the cooking. Drain it well again, chop, and gently press out the excess liquid, then wrap in paper towels and keep in a resealable plastic bag in the fridge.]*
2. Heat oil in a large, heavy skillet (preferably nonstick) over medium heat, then sauté garlic until golden, 30 seconds to 1 minute. Reduce heat to low, then add broccoli rabe and sauté, stirring occasionally, until it reaches desired tenderness, 2 to 8 minutes. Sprinkle with parmesan cheese

PER ½-CUP (3-OUNCE) SERVING 192 CAL, 17.2g FAT (2.6g SAT); 4.5g PRO; 5.6g CARB; 3.1g FIBER; 53mg SODIUM; 1mg CHOL

Blipp now to see how easy this is (details on page 4), or go to **armagazine.com/marias-broccoli-rabe-video**

If you've shied away from broccoli rabe because of its slightly bitter flavor, then you haven't had it cooked Maria's way! By boiling it first, you significantly reduce—if not sometimes almost eliminate—any bitterness.

YOU SAID

You have reformed me! I have always wanted to love broccoli rabe, but have always hated the bitterness when you just sauté it. BOILING IS THE SECRET. The bitterness is gone and it is delicious. So nice to have a new healthy veg; I now cook it at least once a week. THANK YOU! —CHEERIEO

Broccoli rabe, aka rapini, is located with other cooking greens at my grocer, not with the broccoli and cauliflower. Look for perky leaves and few florets. Florets should not be yellowing. Also, bitterness complements richness: I serve this side dish along with homemade fettuccine Alfredo. —JATOTV

I started making this dish as a meal instead of a side dish. When the rapini is cooked, I toss in some pasta or cheese-filled tortellini. It comes out a little dry because there is no sauce, so I add more olive oil and throw in 2 or 3 diced fresh tomatoes. Comes out great! If I could eat this every day, I would! —SWEETCRAVINGS

YOU SAID

This is now my favorite way to prepare cauliflower! Nice to see a healthy treatment—I usually just steam it, to avoid the cheese sauces that so frequently go along with cauliflower. It is even delicious cold (couldn't stop picking at it after dinner). Thank you for sharing! —CHRISTINE M

POWER TO THE CAULIFLOWER, or this is good to the 10th cauli-power...or some other pun. This stuff is delicious and simple, the only words I want to hear when I am finished with a recipe. Whatever you caul it, I love it. Alright, I'm done now. —THANKSALOT

Being diet-conscious and lactose-intolerant, I omitted the cheese and added a liberal dose of oregano along with the oil and garlic. It had a nice Italian zip and fewer calories. —MARMAR

I made no changes, and this turned out fabulous. It makes an excellent cold salad! Just substitute it in place of your potatoes or toss it with other chopped veggies and a good Italian dressing. It's SO good. —SARAH JO

ROASTED GARLIC CAULIFLOWER

armagazine.com/roasted-garlic-cauliflower

"Wonderful roasted cauliflower. My 11-year-old son loves this! Add more spices and herbs to suit your taste." –SHELLERY

- **3 tablespoons olive oil, plus additional for greasing pan/dish**
- **2 tablespoons minced garlic (from about 4 cloves)**
- **1 large head cauliflower (about 2¾ pounds), separated into florets**
- **Salt and black pepper to taste**
- **⅓ cup grated parmesan cheese**
- **1 tablespoon chopped fresh parsley**

1. Preheat oven to 450°F. Grease a shallow roasting pan or large, flameproof (not Pyrex) casserole dish with some oil.
2. Combine oil and garlic in a large bowl, then add cauliflower and toss to coat. Pour into prepared roasting pan or casserole dish, and season with salt and pepper.
3. Roast cauliflower, stirring halfway through, until tender, about 25 minutes. Turn on broiler. Top cauliflower with cheese, and broil until golden brown, 3 to 5 minutes. Sprinkle with parsley before serving.

PER 1-CUP (4.5-OUNCE) SERVING 118 CAL; 8.2g FAT (1.7g SAT); 4.7g PRO; 8.6g CARB; 3.6g FIBER; 111mg SODIUM; 4mg CHOL

Add this recipe to **your shopping list** with one tap on your phone (or save it in your recipe box). See page 4 for details.

SUBMITTED BY SHELLERY
PREP 15 min
COOK 35 min
READY IN 50 min
SERVES 6
RATING
1,422 reviews

SUBMITTED BY
Chef John
PREP 15 min
COOK 30 min
READY IN 45 min
SERVES 6
RATING
★ ★ ★ ★ ★
9 reviews

allrecipes.com
5-STAR RATING

CHEF JOHN'S FIVE-SPICE CARROTS

armagazine.com/five-spice-carrots

"These five-spice roast carrots are extremely aromatic and delicious. The ingredients are so simple. Exotic, but familiar and not too exotic." –CHEF JOHN

- **7 large carrots (2 pounds), peeled**
- **2 tablespoons vegetable oil**
- **½ teaspoon Chinese five-spice powder**
- **Salt to taste**

1. Preheat oven to 375°F
2. Cut carrots in half lengthwise, then half again crosswise on the diagonal. Then halve fatter parts one more time lengthwise. *[**From our kitchen:** Carrots can be cut 1 day ahead, wrapped in paper towels, and kept in a resealable plastic bag in the fridge.]* Put carrots into a 13x9-inch baking dish or pan and drizzle with oil, then sprinkle with five-spice powder and salt to taste. Toss lightly to coat carrots with oil and seasoning, then arrange in an even layer.
3. Roast carrots 15 minutes; check for tenderness and stir if desired. Continue roasting until tender, 15 to 20 minutes more.

PER ⅓-CUP (2.5-OUNCE) SERVING 75 CAL; 4.8g FAT (0.7g SAT); 0.8g PRO; 8.2g CARB; 2.4g FIBER; 123mg SODIUM; 0mg CHOL

Blipp it, watch it, roast it! (Blipp details are on page 4.) Or go to **armagazine.com/five-spice-carrots-video**

By roasting the carrots in a medium-hot oven as opposed to one cranked up to 450° or 500°F, you end up with tender carrots minus any burned bits. And there's just enough five-spice powder to make the carrots interesting, but not overpowering.

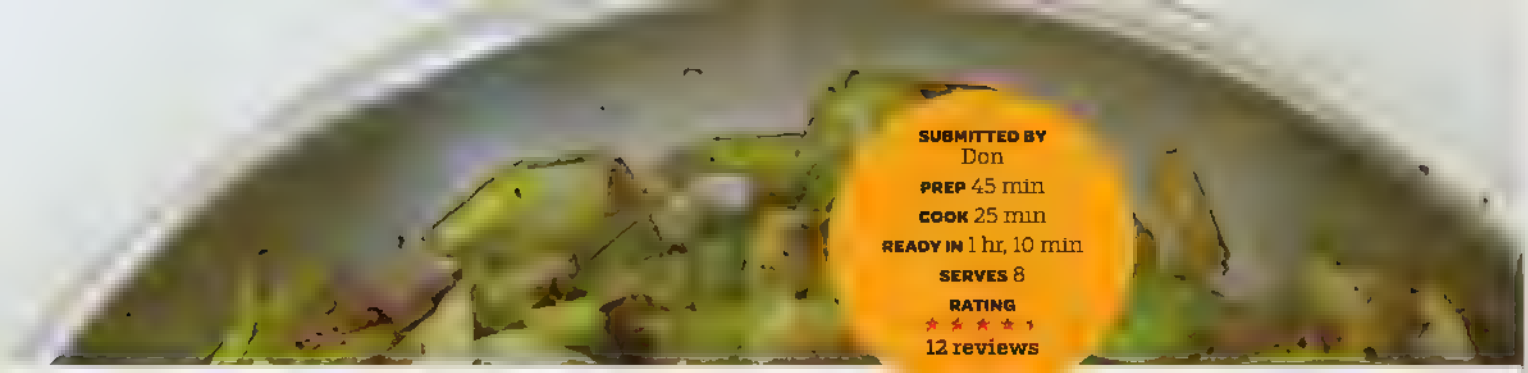
YOU SAID

The term "five spice" actually refers to the five flavors the blend yields: sweet, sour, bitter, pungent, and salty. A workable substitute is ⅛ teaspoon each ground cinnamon, ground cloves, ground ginger, black pepper, and anise or fennel seeds. —JOYCE LITOFF

Wow—the seasoning took these to the next level. Super easy. —JUSTMARRIED62

I completely agree with the part about "exotic, but familiar and not too exotic." I served these as part of an Easter dinner (the bunny didn't eat all of the carrots), and people ate larger portions than they ordinarily would eat of carrots. A nice change from my typical roasted vegetables with just salt and pepper. —CAROLINE IN INDY

I loved this recipe, and I am NOT a fan of carrots at all. My family went gaga over them. I made as written with the exception of using baby carrots cut on a bias. —ISTHAT ONSALE



SUBMITTED BY Don
PREP 45 min
COOK 25 min
READY IN 1 hr, 10 min
SERVES 8
RATING 4.5 stars
12 reviews

MEDITERRANEAN-STYLE LEEKS WITH LEMON

armagazine.com/mediterranean-style-leeks

"Greek-inspired, this is for leek and lemon lovers everywhere. A tasty, full-of-flavor side to accompany a myriad of main dishes. Complements fried and/or grilled fish to a T." —DON

- 4 pounds leeks
- ¼ cup extra-virgin olive oil
- 3 cloves garlic, finely chopped
- 1 tablespoon sugar
- 3 tablespoons fresh lemon juice (from 1 large lemon)
- Salt and black pepper to taste

1. Trim off and discard root end and dark green part of leeks. Quarter leeks lengthwise, then cut crosswise into ½-inch-thick slices (you'll have about 9 cups). Wash chopped leeks thoroughly *[From our kitchen: Leeks can be super gritty, so take the washing seriously. Put chopped leeks in a bowl of water and swish around to remove dirt. Lift out leeks by hand and transfer to a colander, leaving grit undisturbed at bottom of bowl. Repeat until water is clear. You can chop and wash the leeks a day ahead.]*
2. Heat oil in a large skillet [*From our kitchen: We used a 12-inch, straight-sided skillet with a snug-fitting lid, as the leeks need to cook covered in step 3.*] over medium-low heat, cook garlic and sugar in oil, stirring, until garlic is lightly browned, 3 to 5 minutes. Add leeks and cook, stirring, until leeks are lightly browned, about 10 minutes.
3. Drizzle lemon juice over leek mixture and season with salt and pepper. Reduce heat to low, cover skillet, and cook until leeks are tender, 10 to 15 minutes.

PER ⅓-CUP (2-OUNCE) SERVING 140 CAL; 7.3g FAT (1g SAT), 1.8g PRO; 18g CARB; 2.1g FIBER; 71mg SODIUM; 0mg CHOL

Most people put leeks in soup, but this is a delicious and unusual side dish. Don't be put off by the color—the browning and the lemon give the leeks a bit of a muddy shade, but the taste completely makes up for their looks!

YOU SAID

My son gobbled it up! If a recipe can make a teen eat leeks, it's a keeper! —MMMLT

Delicious! Used stevia instead of sugar and didn't add salt but followed rest of recipe. Was quick, easy, and tasted great. —LORIBIRD

I really didn't think this would be so good! We ate it with teriyaki chicken and rice. Will make this again for sure. —PILKI

Hate leeks. Love leeks cooked this way. Great recipe. —DEFIANT2222

YOU SAID

If you think you don't like beets, you're wrong! Make them this way and you'll be a beetaholic! I cut down the oil and use just enough to coat. I use brown sugar too, but either way it's delicious and healthy! LOVE this dish! FYI, beets do turn your pee a bit pinkish the next day, so don't panic =) —STARLET

I prefer to use fresh garlic over garlic powder, so I minced four cloves of garlic and mixed them in. I didn't have an onion, so I left that out. When it was done, I put some of it on my salad with a little goat cheese. Goat cheese and beets make such a tasty combination. —ANEWSHOOTINGSTAR

What a wonderful flavor and color combination! I hate the mess and aggravation of peeling raw beets, so I roasted them first (with a little olive oil); when they were almost done, I let them cool, and they're much easier to peel. I don't think they bleed quite as much either. —YVONNE

ROASTED BEETS 'N' SWEETS

armagazine.com/roasted-beets-n-sweets

"This is a great side dish, especially for those who like things sweet and salty. The colors are beautiful and make a nice autumnal presentation."
– DRUMNWRITE

- **1½ pounds beets, peeled and cut into ¾-inch pieces**
- **2½ tablespoons olive oil**
- **1½ teaspoons kosher salt**
- **1 teaspoon garlic powder**
- **1 teaspoon black pepper**
- **1 teaspoon sugar**
- **1½ pounds sweet potatoes, peeled and cut into ¾-inch pieces**
- **1 large sweet onion (12 ounces), cut into ¾-inch pieces**

1. Preheat oven to 400°F. Toss beets with ½ tablespoon oil and ½ teaspoon salt. Spread beets in a single layer on a rimmed 18x13-inch baking sheet and roast 20 minutes. *[**From our kitchen:** If you don't have a baking sheet that large, you can use two 13x9-inch rimmed sheets.]*
2. Mix remaining 2 tablespoons oil, garlic powder, remaining teaspoon salt, pepper, and sugar in a large resealable plastic bag. Put sweet potatoes and onion in the bag, seal and shake to coat vegetables with oil mixture.
3. Add sweet potato mixture to roasted beets on baking sheet. *[**From our kitchen:** If you push the beets all to 1 side of the sheet and put potatoes and onions on the other side, the beet color won't bleed as much when you combine them later.]* Continue roasting, stirring after 20 minutes, until all vegetables are tender, about 45 minutes.

PER ¾-CUP (4-OUNCE) SERVING 150 CAL; 3g FAT (0.5g SAT); 2.8g PRO; 30g CARB; 2.9g FIBER; 473mg SODIUM; 0mg CHOL

SUBMITTED BY DRUMNWRITE
PREP 25 min
COOK 1 hr, 5 min
READY IN 1 hr, 30 min
SERVES 8
RATING
★ ★ ★ ★ ½
318 reviews

Something Sparkly

THERE'S NO NEED TO BE INTIMIDATED BY SPARKLING WINE—WE'RE HERE TO SHINE SOME LIGHT ON THE MYTHS AND MYSTERY BEHIND THE BUBBLES.

By J Rodewald

PHOTOS BY KING AU

Bubbles are fun: Bubble baths, bubble gum.

BUBBLE WRAP, BLOWING BUBBLES, EVEN ASSET BUBBLES ARE EXCITING (UNTIL THEY'RE NOT). BUT THE BEST BUBBLES OF ALL ARE THE ONES IN SPARKLING WINE. SO WHY DON'T WE DRINK MORE BUBBLY? IT'S NOT BECAUSE IT DOESN'T GO WITH FOOD—THE RANGE OF FLAVORS IN SPARKLING WINES IS UNPARALLELED. WE CAN'T BLAME PRICE. AT THE HIGH END, IT CAN BE EXPENSIVE, BUT THERE ARE PLENTY OF MODESTLY PRICED OPTIONS AVAILABLE. ARE THERE JUST TOO MANY IMAGES OF THE HOITY-TOITY SIPPING CHAMPAGNE WITH PINKIES IN THE AIR? IN A WAY, BUBBLY IS THE LEAST-SNOBBY WINE OF ALL—YOU DON'T EVEN HAVE TO SWIRL IT TO RELEASE ITS AROMAS (THE BUBBLES ALREADY DO THAT). WHATEVER THE REASON, IT'S TIME TO STOP THE MADNESS AND PUT THE BUBBLES BACK WHERE THEY BELONG: ON TABLES, IN GLASSES... IN MOUTHS!

Myth 1: IT HAS TO GO "POP"

Actually, you *don't* want that iconic pop. Here's why, and how to avoid giving yourself or your guests a wine shower or cork tattoo.

- To remove the wire cage (after peeling off any foil), hold the bottle by the neck and keep my thumb on top of the cage as I untwist the wire; others drape a towel over it.
- Once you've loosened the cage, you can either remove it, putting your thumb back on top of the cork as soon as the cage is off, or you can leave it on.
- With the bottle at a 45-degree angle—and pointing away from your guests and fine china—grasp the cork (or the cork and cage) with one hand, and slowly turn the *bottle* with your other hand.
- Pressure inside the bottle will begin to push the cork out (because you're holding the cork, it can't fly out—you are still holding the cork, aren't you?). You'll feel the cork start to move, then ease it out. A "pop" is a nice sound, but a soft hiss or sigh means you did it right. Even if you did everything perfectly, you might get a small eruption of wine, particularly if you lifted the bottle upright too quickly, so have glasses on hand to pour right away if necessary.

Myth 2: IT HAS TO BE FRENCH (AND EXPENSIVE)

You can find legitimate French Champagne at a very reasonable price (Costco's Kirkland Brut, for example, which is great for the Champagne Cocktail and French 75), but the real value comes from other regions and other countries. Every wine-producing country makes sparkling wine (believe it or not, England is attracting a lot of attention for its sparklers), and the U.S. has some great ones. You might not think of New Mexico as wine country, but my favorite inexpensive bubbly (Gruet) comes from there.

Gruet makes a wide range of wines, but its brut and blanc de noirs are, year after year, two of the best values in sparkling wine (usually less than $15, often on sale for closer to $10). More than 20 years ago, my wife and I served Gruet at our wedding party, not least because it's low in alcohol, which means you can toast all night without getting toasted. But something that good, and that fun, should be part of every wine drinker's everyday life.

One of my go-to sparklers is prosecco, which comes from Northern Italy and is made using the *Charmat* method (see "Bubbly Begins" on page 111). If an Aperol Spritz strikes your fancy—and I hope it does because it's a great drink—seek out one of the suggested proseccos on page 112.

Cava, from Spain, is another inexpensive sparkling wine, and because it's made using the Champagne method (see page 111), it often punches above its weight. One of the biggest Cava brands is Freixenet, and the black bottle is an eye-grabber. It wouldn't be my first choice for sipping straight, but it'd be perfect for the Kir Royale (page 113) or Poinsettia cocktail (page 111).

Myth 3: IT HAS TO BE WHITE

Sparkling red wines are a bit unusual, but they're perfect on the holiday table. Color in wine comes from the grapes' skins, and skin also contributes texture and flavor. The richness of a sparkling red, combined with those palate-cleansing bubbles, makes it a great match for all kinds of dishes.

- I absolutely love Lambrusco, an Italian wine that, despite the reputation it acquired from the Riunite brand, is not always sweet. Lambrusco has undergone a renaissance in the last decade, and some excellent ones have begun to arrive in the U.S. in recent years.
- Another red bubbly, sparkling Shiraz, works better with challenging flavor combinations of holiday meals better than any other wine I know. It can be a bit harder to find, but worth the hunt.

Myth 4: YOU NEED A SPECIAL GLASS

I like nice crystal as much as the next guy, and a tall, narrow flute does seem to keep the bubbles going longer. But the most memorable glass of Champagne of my life was in a standard tumbler. I was tending bar at a busy Manhattan restaurant, and my fellow bartender had, unbeknownst to me, put a bottle of Roederer Cristal (seriously good stuff) on ice. After about four hours of pumping out drinks, the pace slowed briefly, and he handed me The Tumbler. I took a sip and everything stopped. It was like when all the other actors in a movie freeze but the star is able to move through the scene. I was the star, the icy liquid was the star, there were stars in my glass! I'd never tasted anything so delicious, so refreshing, so... but there were customers waiting, so my thought bubble was rudely burst. I've been lucky enough to taste that wine several times since; it's always great, but never greater than that night. Out of a tumbler

FOOD STYLING: CARRIE PURCELL. PROP STYLING: JON HELLANDER

FRENCH 75

armagazine.com/french-75

"A classic, hard-hitting refresher with Champagne and gin. Don't skimp on the ice or skip the chilling. This drink is meant to be served COLD." —JBK

- Cracked ice
- 2 ounces (¼ cup) gin
- 1 teaspoon simple syrup*
- 1 tablespoon fresh lemon juice
- 5 ounces (about ⅔ cup) chilled brut Champagne
- 1 slice lemon (optional)

Chill a cocktail shaker and a glass (a flute or a collins glass) in the freezer. Put ice in shaker, then add gin, syrup, and juice. Shake well. Fill chilled glass half full of ice, then strain cocktail into glass. Top with Champagne and garnish with a lemon slice, if desired.

**[From our kitchen: To make simple syrup, bring equal amounts of water and sugar to a boil in a saucepan, stirring until sugar dissolves. Simmer 5 minutes, then let cool. It'll keep in a glass jar up to 3 months.]*

SUBMITTED BY JBK
PREP 3 min
READY IN 3 min
MAKES 1 cocktail
RATING
6 reviews

How lucky will you be in 2015? Find out with this quick quiz on **lucky foods**. Blipp this page now with your phone to dive into the fun. (See page 4 for blipp details.)

ORIGINAL CHAMPAGNE COCKTAIL

armagazine.com/champagne-cocktail

"This classic drink dates back to the Civil War era. It makes even a less-expensive bottle of Champagne taste great." —ALLRECIPES

- 1 sugar cube
- 2 dashes Angostura bitters
- 5½ ounces (⅔ cup) chilled Champagne
- 1 lemon-peel twist

Put sugar and bitters in a chilled flute and fill with Champagne. Add lemon-peel twist.

SUBMITTED BY Allrecipes
PREP 3 min
READY IN 3 min
MAKES 1 cocktail

Go online to rate and review it!

Bubbly Begins

There are basically two ways that wine gets its sparkle In both, the first step is to make wine. That may seem obvious, but it's important because it's a reminder that we're talking about an everyday thing, not some exotic concoction that only experts can understand.

✶**Champagne method**, also called "méthode champenoise": Sugar and yeast are added to the wine, the bottle is resealed, and a secondary fermentation occurs. (Carbonation is a byproduct of those yeasts eating sugars and releasing carbon dioxide, which dissolves in the wine.) If you see "crémant" on a label, that indicates a dry sparkling wine made in France in the traditional way, but outside the Champagne region.

✶**Charmat method**. Secondary fermentation takes place in a pressurized tank. The Champagne method is the more expensive way to do it, and the results are usually more elegant, but there are plenty of delicious charmat sparkling wines, too.

POINSETTIA

armagazine.com/poinsettia

"We always serve this at our Christmas Eve open house. It has such a nice taste!" —SCRAPINKATE

- **4 ounces (½ cup) chilled brut Champagne**
- **1½ tablespoons cranberry juice** *[From our kitchen: We increased this to 2½ tablespoons to balance the Champagne's tartness.]*
- **Cranberries, for garnish (optional)**

Pour Champagne into a flute, and top with juice. Garnish with cranberries, if desired.

SUBMITTED BY scrapinkate
PREP 3 min
READY IN 3 min
MAKES 1 cocktail
RATING ★★★★½
23 reviews

Top Bottles

Here are some of our favorite sparkling wines that won't break your bank.*

$10-14

Cavit Lunetta Prosecco Brut
Cleto Chiarli Lambrusco Secco
Codorníu Brut Cava
Freixenet Cordon Negro Brut Cava
La Marca Prosecco
Mionetto Il Prosecco
Zardetto Prosecco Brut

$15-20

Albet i Noya Petit Albet Brut Cava
Black Chook Sparkling Shiraz
Fattoria Moretto Lambrusco
Gloria Ferrer Blanc de Noirs and Sonoma Brut
Gruet Brut, and Blanc de Noirs Brut
Kirkland Signature Champagne Brut
Langlois Crémant de Loire Brut
Lini 910 "Labrusca" Lambrusco
Lucien Albrecht Crémant d'Alsace Brut Rosé
Nino Franco Rustico Prosecco
Paringa Sparkling Shiraz
Scharffenberger Brut Excellence

$20-25

Albert Mann Crémant d Alsace Brut
Mumm Napa Brut Prestige
Mumm Napa Brut Rosé
Raventós i Blanc L Hereu Reserva Brut Cava
Roederer Estate Brut
Roederer Estate Brut Rosé
Scharffenberger Brut Rosé Excellence
Segura Viudas Brut Cava
Shingleback Black Bubbles Sparkling Shiraz

**Prices vary by region, some of these sparkling wines may not be available in all markets*

APEROL SPRITZ

armagaz ne.com/aperol- spritz

"I discovered this drink in Berlin on a tour of Eastern European cities. Brings back wonderful memories."
—HELEN

- **4 ice cubes, or as desired**
- **2 ounces (¼ cup) chilled prosecco (dry Italian sparkling wine)**
- **1 splash seltzer water**
- **1 (1.5-ounce) jigger bitter orange aperitif (such as Aperol)**
- **1 slice orange (optional)**

Fil a wine g ass with ice; pour in prosecco and carbonated water Top with orange aperitif and garnish with orange sl ce, if des red.

SUBMITTED BY Helen
PREP 5 min
READY IN 5 min
MAKES 1 cocktail
RATING
★★★★★
1 review

KIR ROYALE

armagazine.com/kir-royale

"Kir drinks combine black-currant liqueur with various wines. This one is 'Kir Royale' because it uses Champagne." —ALLRECIPES

- 1 tablespoon crème de cassis liqueur
- 5½ ounces (⅔ cup) chilled Champagne
- Raspberries, for garnish (optional)

Pour crème de cassis into a flute or white-wine glass, and add Champagne. Garnish with raspberries, if desired.

SUBMITTED BY Allrecipes
PREP 3 min
READY IN 3 min
MAKES 1 cocktail
RATING ★★★★★
1 review

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Well Seasoned

PHOTOS: KARLA CONRAD AND JAY WILDE, PROP STYLING: LORI HELLANDER

How to season a cast-iron skillet

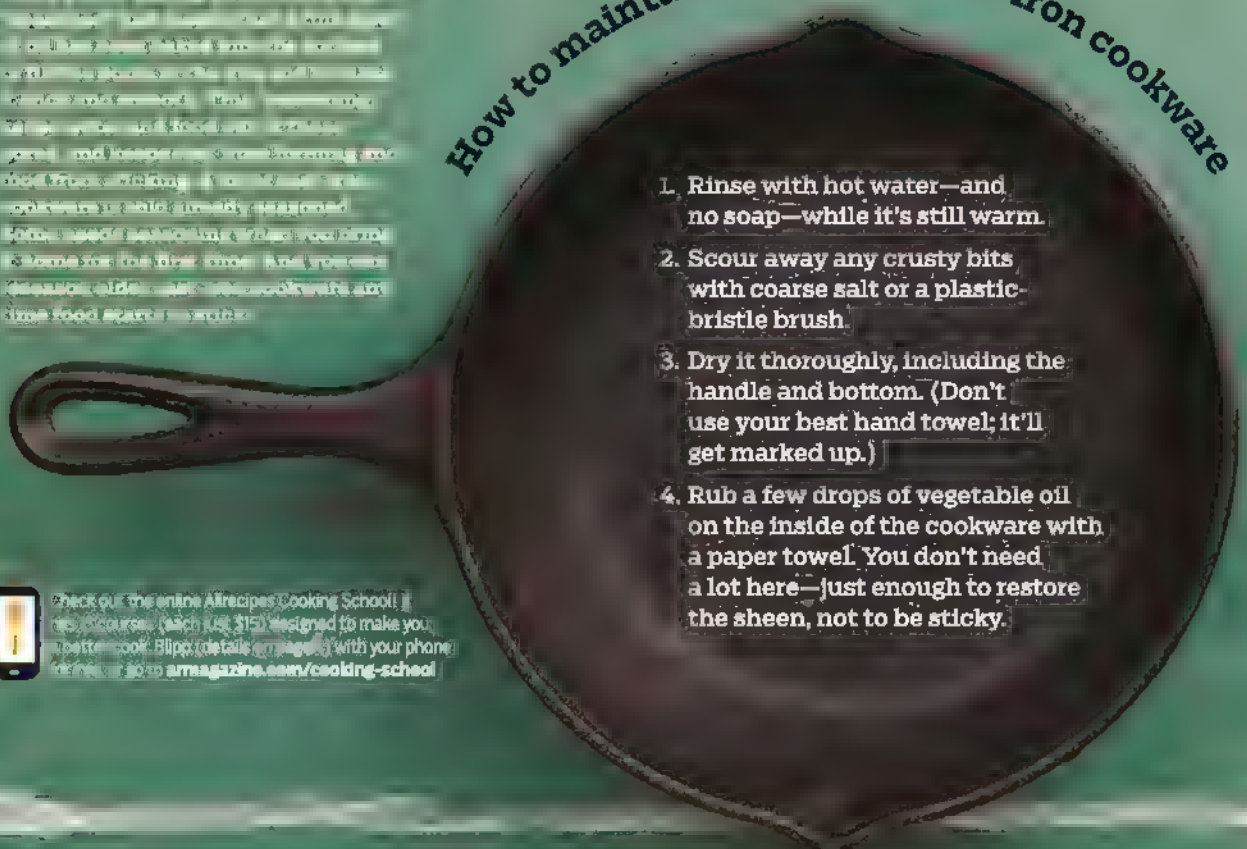
1

2

3

Seasoned, meaning...?

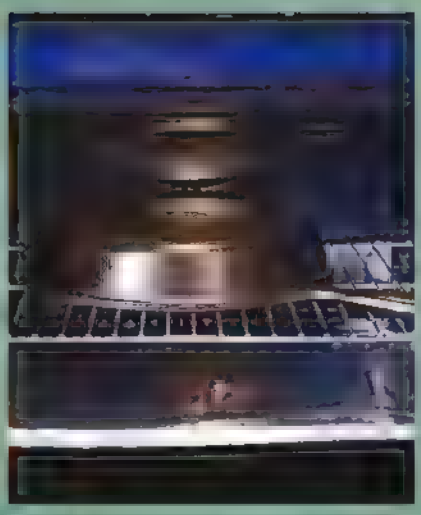
How to maintain seasoned cast-iron cookware



1. Rinse with hot water—and no soap—while it's still warm.
2. Scour away any crusty bits with coarse salt or a plastic-bristle brush.
3. Dry it thoroughly, including the handle and bottom. (Don't use your best hand towel; it'll get marked up.)
4. Rub a few drops of vegetable oil on the inside of the cookware with a paper towel. You don't need a lot here—just enough to restore the sheen, not to be sticky.

Check out the online Allrecipes Cooking School! [illegible] courses (each just $15) designed to make you [illegible] Bliss (details on page [illegible]) with your phone [illegible] at amagazine.com/cooking-school

4 With a paper towel or soft lint-free cloth, rub a thin layer of vegetable oil all over the skillet, inside and out.



5 Preheat oven to 350°F. Place racks in center and lower third of oven. Put a sheet of foil on lower rack to catch drips. Put skillet upside down, on upper oven rack. Bake 1 hour. Turn off oven, and let skillet cool completely in oven.

6 Store cooled skillet in a dry spot—on brown paper or cloth, and without a lid—so air can circulate around it and prevent rust. That's it! Want to see these steps in motion? Go to **armagazine.com/cast-iron-video**

Cast-Iron FAQ

Is it really nonstick?
When the seasoning is intact, yes! The iron itself is porous, but the baked-on oil coating fills and smoothes the pores, making it slick and nonstick.

What if it rusts?
Don't worry. It's not ideal, but it's probably not ruined. Scour off the rust with coarse salt and a stiff-bristle brush; rinse and dry thoroughly, and reseason.

Is it clean enough if I don't use soap?
In a word, yes. It gets blazing hot in a minute—hot enough to kill anything that might live on its surface.

What if I don't want my skillet smelling like onions?
odors. Coarse salt is also an excellent scouring agent.

Anything I shouldn't cook in cast iron?
Until it's well-seasoned, you want to avoid cooking wine, tomatoes, and other acidic stuff in a cast-iron skillet; they strip away the oil coating and can react with the metal.

What's especially good in cast iron?

How often should I reseason cast iron?
or if the pan looks cloudy and dull after you rinse and dry it.

Can it go in the dishwasher?

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Cheesecake Champ

When a recipe earns 2,400 five-star ratings, you know it's a home run. With swirls of raspberry over rich white chocolate, this cheesecake from Allrecipes community member Cindy Shank tastes as good as it looks.

Fifteen years ago, I decided to come up with my own version of an incredible white chocolate–raspberry cheesecake I had ordered at Olive Garden. It was trial and error for a while, as I cobbled together parts of other recipes until I got the results I wanted. It's such an honor to have my recipe recognized and enjoyed by so many people!

I love that Allrecipes users adapt the recipe to suit their tastes. Many people substitute blueberries or blackberries, experiment with different types of crusts, and find all sorts of ways to decorate the cake to make it even more beautiful.

Cindy and her daughter, Lily

Because the cake turns out gorgeous and isn't overly complicated, I love to make it for special occasions like baby showers and birthdays. I even made it for a news segment on our local TV station. It's a true star! —CINDYANN

SUBMITTED BY CindyAnn
PREP 30 min
COOK 55 min
READY IN 9 hr, 25 min (includes chilling)
SERVES 16 (makes one 9-inch cake)
RATING ★★★★★ 1,970 reviews

CHEESECAKE PHOTO: KARLA CONRAD; FOOD STYLING: CARRIE PURCELL; PROP STYLING: LORI HELLANDER. FAMILY PHOTO: COURTESY OF CINDY SHANK

White Chocolate–Raspberry Cheesecake

allrecipes.com ★★★★★ 5-STAR RATING

armagazine.com/white-chocolate-raspberry-cheesecake

"Garnish this with white chocolate curls, if desired." —CINDYANN

FOR RASPBERRY SAUCE

[From our kitchen: We increased the sauce by 1½ times to ensure enough for garnishing.]

- **1 (10-ounce) package frozen raspberries**
- **2 tablespoons sugar**
- **2 teaspoons cornstarch**
- **½ cup water**

FOR CHEESECAKE

- **1 cup chocolate-cookie crumbs (from about 22 cookies)**
- **3 tablespoons plus ½ cup sugar**
- **¼ cup butter, melted**
- **2 cups white chocolate chips**
- **½ cup half-and-half**
- **3 (8-ounce) packages cream cheese, softened**
- **3 eggs, at room temperature**
- **1 teaspoon vanilla extract**

Make sauce:

1. Combine raspberries, sugar, cornstarch, and water in a saucepan; bring to a boil, and cook until sauce thickens, about 5 minutes. Pour through a mesh strainer to remove seeds.

Make cheesecake:

2. Preheat oven to 325°F.
3. Mix together cookie crumbs, 3 tablespoons sugar, and butter in a bowl. Press mixture into bottom of a 9-inch springform pan.
4. Melt white chocolate chips with half-and-half in a metal bowl set over a pan of simmering water, stirring occasionally until smooth.
5. Gently beat cream cheese and remaining ½ cup sugar with an electric mixer at low speed until smooth. Beat in eggs 1 at a time. Stir in vanilla and chocolate mixture. Pour half of batter over crust, and drizzle 3 tablespoons sauce over it. Add remaining batter, and spoon 3 tablespoons sauce on top. Swirl batter with knife tip to create marbling effect on top.
6. Bake until center jiggles slightly and edges are puffed, 40 to 45 minutes. Cool at room temperature 1½ to 2 hours. Cover with plastic wrap, and refrigerate 7 hours (or overnight) before removing from pan. Serve with remaining sauce.

PER 1-PIECE SERVING 412 CAL; 28.3g FAT (16.9g SAT); 6.8g PRO; 34g CARB; 1g FIBER; 226mg SODIUM; 101mg CHOL

Watch it, bake it! (Page 4 has details.) Or go to **armagazine.com/white-chocolate-raspberry-cheesecake-video**

YOU SAID

This cake is legendary in my family! Definitely double the amount of cookie crumbs for the crust. If you're using Oreos (which I do), you don't need as much butter or sugar in the crust; the cream filling provides lots of sweetness and stick-togetherness. —JILL SCHILZ

I used seedless raspberry jam. I just microwaved 6 tablespoons for 30 seconds before adding it to the cheesecake. It was so much easier and tasted fantastic! —CLEMSONMAV

Solutions for cracking: Don't overwork the batter, especially when adding eggs. Air will get trapped and expand in the oven, cracking the surface. Also, don't put it in the fridge right away. Give it plenty of time to cool; otherwise it will shrink too fast. —BELLESMOM

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